Integrating Web-based Exercise Support Into Your Personal Training Business

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MyExercisePlan

The MyExercisePlan program is recognized by the American Council on Exercise as a Continuing Education Specialist. This course has been approved for 0.3 CECs (ACE).

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MyExercisePlan Pro Trainer Program Overview

This guide not only gives you an overview of the MyExercisePlan (MEP) ACE Pro Trainer Program, but also is available for easy reference once you are up and running.

The MEP Pro Trainer Program

The MEP professional discount program was developed to provide ACE-certified professionals with access to web-based services to better support the exercise efforts of existing clients and open new client markets by providing a service to individuals who are interested in personalized fitness support, but who do not want or cannot afford traditional personal training.

What is in it for you as a trainer?

- **Discounted access** to the most comprehensive web-based exercise programming and support tool on the Internet. No advertising, no false promises, just accurate, reliable support that will help you succeed.
- **Continuing Education Credits**—you get a free CEC course (a $60 value) with your first membership purchase. The course is entitled *Integrating Web-Based Exercise Support Into Your Personal Training Business.* With each subsequent purchase you will receive points toward additional continuing education correspondence courses.
- **Increased profits** by leveraging this state-of-the-art web technology.

How it works

1. **Sign up to use the system** – You receive password-protected access to the client management tool, giving you easy access to all your clients on the system. Points toward additional continuing education courses are earned based on membership purchases made by you or your clients.
2. **Buy a discounted MyExercisePlan membership for your own use and receive the free continuing education course** – After your first purchase, take the correspondence course entitled *Integrating Web-Based Exercise Support Into Your Personal Training Business* to thoroughly understand the operation and integration of the system. By completing the course and the associated quiz, you will earn 0.3 ACE CECs towards maintaining your certification.
3. **Develop training packages that integrate the MyExercisePlan program** – the ACE Pro continuing education course will give you a variety of ideas on this topic.
4. **Sell memberships to your clients** – you can either purchase discounted memberships for your clients and include that cost within your various training packages or you can send your clients directly to www.MyExercisePlan.com to purchase their own membership for the retail price. Either way, make sure your account email address has been entered into the "Referring trainer" field on the purchase page so you can collect points toward additional continuing education correspondence courses.
5. **Use the MyExercisePlan program to provide excellent support services to your clients** – the MyExercisePlan program is incredibly flexible, the ways you use the program are as varied as your clientele and your own training techniques.

To get started just go straight to www.MyExercisePlan.com/trainers/acepros.php

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Welcome to MyExercisePlan.com!

We would like to start by welcoming you as a fellow fitness professional to MyExercisePlan.com. As long-time fitness professionals ourselves, we understand the value you bring to your client's exercise experience. With this in mind we have developed the MyExercisePlan program to provide you and your clients with a set of tools that you can use together to support the development of safe, effective and consistent exercise habits.

MyExercisePlan was designed with incredible flexibility in the manner it can be used to support a personal training client. As such, there is no single right way to use it. We purposely have not integrated a specific training philosophy into the programs on the website. Instead we provide the exerciser with very complete instructions related to the benefits, guidelines and cautions in exercise that are specific to their exercise goal. This flexibility allows for you as the trainer to use the site as a set of tools in the incorporation of your own training techniques and philosophies.

About This Course

This course has been developed to teach you about the opportunities that the Internet offers in helping you expand client services and support. In doing so, you will be using the MyExercisePlan website as an example of how the Internet can be integrated into a personal training business.

Course Objectives

The overall objective of this course is to teach you how to integrate web-based support services into a personal training business. The specific objectives are as follows:

1. List the benefits of the integration of a web-based exercise support service into the personal training process.
2. List the challenges of using a web-based exercise support service in the personal training process.
3. Use the MEP website to assess pre-exercise health risk and make client recommendations that are based on the current standards of care for the fitness industry.
4. Use the custom program creator to create a customized strengthening and stretching programs based on client preferences and characteristics.
5. Use the MEP website to create an exercise program given health risk, exercise history, fitness level and preferences.
6. Use the MEP website to adjust a client's exercise program based on individual characteristics and/or training progress.
7. Use the MEP adherence tools to assess client's adherence challenges and give effective guidance based on findings.

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Completing this Course for Continuing Education Credit

This section is the command center for those that want to take this course for continuing education credit. Each of the directions below will give you an assignment to complete. These assignments may simply involve reading another section of this training manual or will give you direction to complete a given process using the MyExercisePlan website. Once you have completed a lesson, please return to this section, check it off and go on to the next. When you have finished the lessons and have read all of the content of both manuals, you are ready to take the quiz. In order to pass the quiz, you must correctly answer 80 percent of the questions (16 out of the 20 questions).

Using MyExercisePlan as a Client Member

These first exercises are to help you become familiar with the operation of the MyExercisePlan program from a client's perspective. It is very important that you understand how to operate MyExercisePlan just as well, if not better than your clients. MyExercisePlan is very easy to navigate through. Spend some time on the site and you will become proficient very quickly.

☐ Thoroughly read the client user manual that accompanies this course (it starts on page 17).

☐ Set up a MyExercisePlan account as if you are an individual MyExercisePlan member. This will involve the following.

- Take the pre-exercise health assessment
- Choose an exercise goal
- Develop the aerobic, strength and flexibility components of your program

The exercise program development process ends with the choosing of the actual stretching program you will follow. When this is complete you will be taken to a summary exercise program page. Once you have arrived at this page, you can return to this page and go on to the next assignment below.

☐ It is time to schedule some exercise! Select *Schedule My Workout* from the left navigation menu. For this task, click a date that you would like to start your exercise program. Then schedule your aerobic, muscular strength and stretching workouts in a typical schedule for at least the next month. If you have questions on how to schedule, refer to the scheduling instructions in the User Manual.

☐ Now try logging a workout. Select *Log My Workout* from the left navigation menu. Click one of the aerobic, strength or flexibility icons in one of the scheduled dates. If you have questions on how to schedule, refer to the logging instructions in the User Manual that start on page 17.

☐ Go to the *Sticking with It!* section of the website and take the "Barriers to Exercise" and "Exercise Readiness" adherence assessments. Read the comprehensive results of the assessments by selecting the *My Complete Plan* link from either the *Home* page or the *MyExercisePlan* page (left navigation menu).

☐ Go to the *My Complete Plan* page and print the full exercise program or any of the sections within the program. Note that this is also the area that you can view or print the report generated by the pre-exercise health assessment and adherence assessments. This is also the page that you use to print the content for your client's training notebook.

☐ Use the *Build My Program* feature to create one custom strength training program from scratch and one custom stretching program from one of the existing templates.

☐ Go to the User Admin area (upper right corner) to see how your clients can give you permission to access their account. In this section they can also change their email address, and manage many of the features of the MyExercisePlan program.

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☐ Time to use the *Nutrition Analyzer*. Select the Nutrition Analyzer from the left navigation menu. Find the nutritional content of the following meal:

FAST FOODS,CHEESEBURGER,LRG,DOUBLE PATTY,W/CONDMNT&VEG - 1 sandwich
FAST FOODS,POTATO,FRENCH FRIES IN VEG OIL - 1 serving
CARBONATED BEV,COLA,CONTAINS CAFFEINE,COKE,PEPSI - 16 ounces

Locate the listing for the total calories for this delightful meal and record it here: _____ Calories. If you have any questions about using this feature, refer to the *Nutrition Analyzer* section in the client User Manual (page 21).

☐ Time to check out the *Q&A Forum*. In order to use the *Q&A Forum* as a member you must register. You can still post as a guest, but you will be designated as a "Guest." Register using a name of your choice. Post a consumer question if you like.
If you would like to answer member's questions as a personal trainer, you can create a signature by selecting the "Forum Jump" menu in one of the forums. In that menu select "User Control Panel," then from there you select "Edit Profile." You can then enter your full name and specific certification under it.

Using MyExercisePlan as a Fitness Professional

This final section will give you exercises to complete as a fitness professional in the process of integrating web services into your personal training business and also as a trainer providing online support to a client.

☐ If you haven't already done so, read over page eight of this manual and start your MyExercisePlan Pro Trainer account at www.myexerciseplan.com/trainers/acepros.php. Also, log into your MyExercisePlan regular membership account and go into the "User Admin" panel (click on the "User Admin" button on the upper right-hand corner of any page). In the place where members give their trainers permission to access to view their accounts, enter your own email address and set yourself up as your own trainer. You should then be able to go to www.myexerciseplan.com/trainers/index.php as an MEP Pro Trainer member and see your name on the listing of the clients you are managing.

☐ Read the entire section "Integrating the Web Into Your Personal Training Business" on pages 14 and 15 and answer the following:
If you were to schedule 10 one-to-one consults at a local company that were to last only 20 minutes each and be completed in four hours, how much would you charge the company for the consults plus MyExercisePlan memberships. Also include 15 minute support calls to each client every two weeks for eight weeks (40 calls total). (Note: your answers will vary depending on your hourly rate)

- MyExercisePlan memberships: 10 x $_____ each = $_____
- Fours hours of onsite consultation: Four hours x $_____ per hour = $_____
- 40-15 minute follow-up calls: 10 hours x $_____/hour = $_____
- Total package price: $_____ (the answers to this exercise will depend on your hourly charge)

☐ How would you change the price of the above if the follow-ups were via email?_____

_____

_____

☐ An example of a web/email/telephone exercise support service would be to sell one MyExercisePlan membership and a minimum of four hours of telephone support time. You decide with your client spend one hour setting up the program on MyExercisePlan, then follow up with two-30 minute calls for two weeks, then 20 minute calls every

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other week for the duration of the available time.

- How much would your charge for the MyExercisePlan membership? $_____
  (Note: Your cost is $26.21 for a 6 month membership and $44.96 for a 1 year membership.)
- Assuming that your telephone has unlimited long distance, how much would you charge for four hours of telephone support time? $_____
- Total package price: $_____ (the answers to this exercise will depend on your hourly charge)

☐ For a very thorough tour of the features of MyExercisePlan, read pages 9 through 13 to learn about the application of the various features in a client/trainer setting.

☐ There are two options for changing the intensity of your clients aerobic exercise program and both are accomplished from the *Pre-Exercise* page. If you want to change just the heart rate, you can change the estimation of the maximal heart rate. That estimation is based on 220 minus age and is rough, at best to begin with. The other method is to change the level of the program. MyExercisePlan offer three different levels of aerobic, strength and stretching programs—they are beginning, intermediate and established.

First take note of the heart rate ranges given in the "How hard?" section of the *My Aerobic Program* area. Then go to the *Pre-Exercise* page and increase the maximal heart rate estimation by 10 beats per minute. What is the resultant increase in the exercise heart rate?

Starting range: _____ to _____ beats per minute Adjusted range: _____ to _____ beats per minute

☐ For this last exercise you must change the Body Mass Index (BMI) of your client following a 10 pound weight loss. Your client, who is 5' 7" tall started at 167 pounds and now weighs 157 pounds. To set the original height and weight you must click the "Retake Questionnaire" button from the *Pre-exercise* page. Reset the height to 5' 7" and weight to 167 and click the "Submit Form" button at the bottom of the page. This will take you back to the *Pre-Exercise* page where you can record the starting BMI. Now click the "Retake Questionnaire" and reset the bodyweight to 157 pounds and click "Submit Form" one more time. Once again, record the new Body Mass Index.

Starting BMI at 167 pounds = _____ Current BMI at 157 pounds = _____

Note: We acknowledge that this is not a typical procedure that you would follow with a client's account. Our purpose here was to help you become familiar with the adjustment of bodyweight and Body Mass Index as your clients lose weight. All of the activity calorie calculations are based on current bodyweight, so the calculations will be more accurate if you keep the bodyweight record current.

In order to receive continuing education credit for this course you must complete the quiz by logging into you the ACE Pro Client Management Tool at https://www.myexerciseplan.com/trainers/index.php. Click on the Continuing Education button to navigate to the quiz. You must have at least one point for MyExercisePlan membership sales in order to be eligible to take the quiz and receive continuing education credit.

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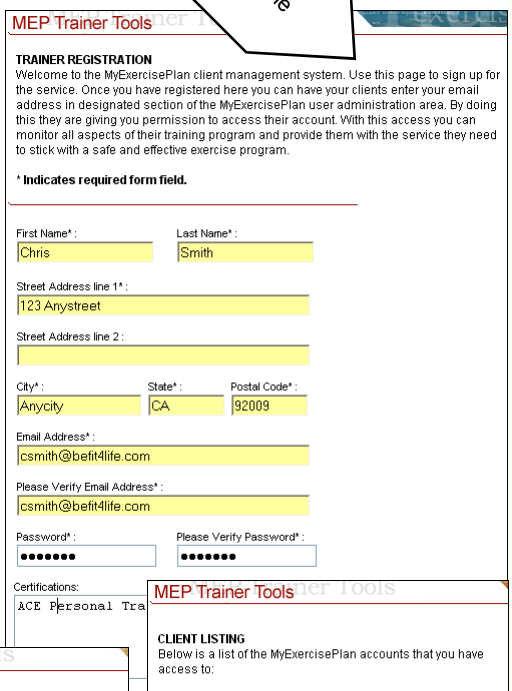
Getting Started With the MyExercisePlan.com Client Support Services

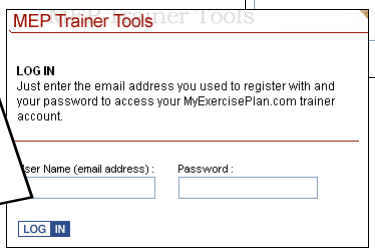
Getting started with the MyExercisePlan services is very easy. The page directly below is where it all begins. It can be reached by following the link from the ACE website, or alternatively it can be reached directly at www.myexerciseplan.com/trainers/acepros.php.
The four step process is clearly explained on that page. It consists of the following:

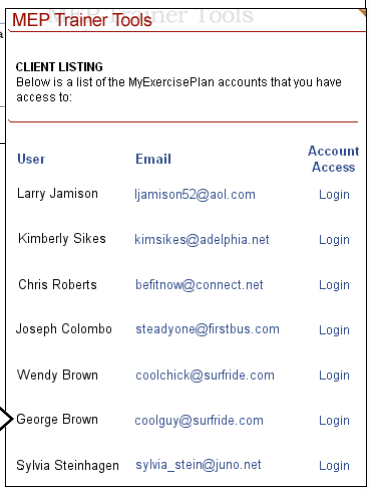
- Step One - sign up to use the client management tool. This will not only give you access to the client management tool, but will also give you credit toward continuing education courses provided by MyExercisePlan for every membership that is purchased in your name.
- Step Two - this is where you go to purchase your first MyExercisePlan membership for yourself and subsequently for your clients.
- Step Three - gives you access to this continuing education course. This course thoroughly explains how to use the MyExercisePlan website and how to integrate it into your personal training business.
- Step Four - be sure to remind your clients to give you access to their accounts through the User Admin link in the upper right hand corner of any page within the MyExercisePlan website (they must be logged in). They enter your email address in the proper form field from within their User Admin area. They must enter the same email address that you used when you registered in Step One. When you want to access your client listing, you can access it from the Step Four link shown below or directly by entering www.myexerciseplan.com/trainers/index.php.

The first step in using MyExercisePlan to support your clients exercise efforts is to sign up to use the system.

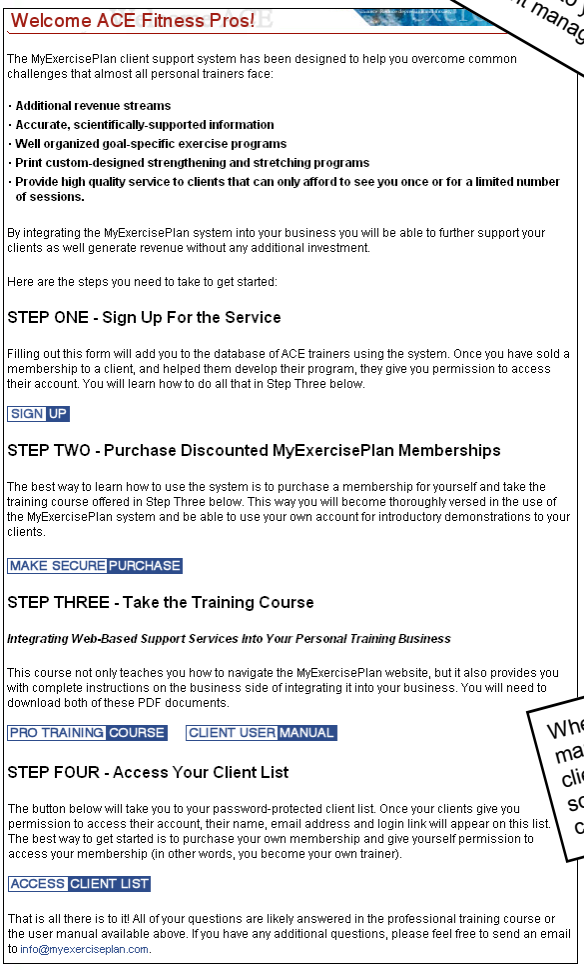

MEP Trainer Tools
TRAINER REGISTRATION
Welcome to the MyExercisePlan client management system. Use this page to sign up for the service. Once you have registered here you can have your clients enter your email address in designated section of the MyExercisePlan user administration area. By doing this they are giving you permission to access their account. With this access you can monitor all aspects of their training program and provide them with the service they need to stick with a safe and effective exercise program.
* Indicates required form field.
First Name* :
Chris
Last Name* :
Smith
Street Address line 1* :
123 Anystreet
Street Address line 2 :
City* :
Anycity
State* :
CA
Postal Code* :
92009
Email Address* :
csmith@befit4life.com
Please Verify Email Address* :
csmith@befit4life.com
Password* :
Please Verify Password* :
Certifications:
ACE Personal Tra

Use the username (your email address) and the password you set up to log in to your client listing on the client management tool

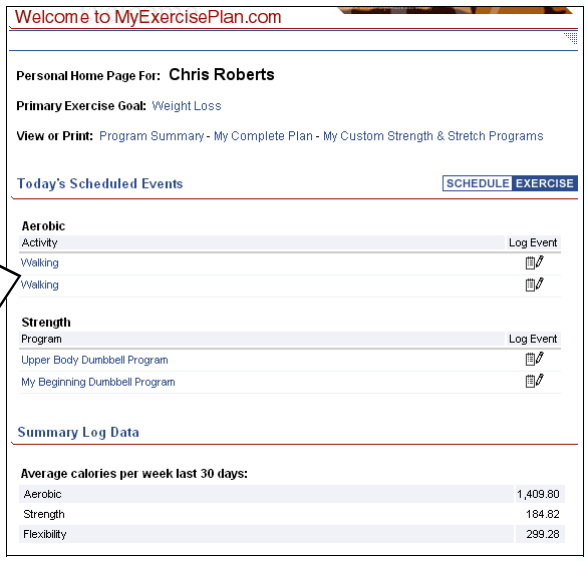

MEP Trainer Tools
LOG IN
Just enter the email address you used to register with and your password to access your MyExercisePlan.com trainer account.
ser Name (email address) :
Password :
LOG IN



When you log into your client management tool you will see a list of your clients using the system, and email and login links for each account.


Welcome ACE Fitness Pros!
The MyExercisePlan client support system has been designed to help you overcome common challenges that almost all personal trainers face:
· Additional revenue streams
· Accurate, scientifically-supported information
· Well organized goal-specific exercise programs
· Print custom-designed strengthening and stretching programs
· Provide high quality service to clients that can only afford to see you once or for a limited number of sessions.
By integrating the MyExercisePlan system into your business you will be able to further support your clients as well generate revenue without any additional investment.
Here are the steps you need to take to get started:
STEP ONE - Sign Up For the Service
Filling out this form will add you to the database of ACE trainers using the system. Once you have sold a membership to a client, and helped them develop their program, they give you permission to access their account. You will learn how to do all that in Step Three below.
SIGN UP
STEP TWO - Purchase Discounted MyExercisePlan Memberships
The best way to learn how to use the system is to purchase a membership for yourself and take the training course offered in Step Three below. This way you will become thoroughly versed in the use of the MyExercisePlan system and be able to use your own account for introductory demonstrations to your clients.
MAKE SECURE PURCHASE
STEP THREE - Take the Training Course
Integrating Web-Based Support Services Into Your Personal Training Business
This course not only teaches you how to navigate the MyExercisePlan website, but it also provides you with complete instructions on the business side of integrating it into your business. You will need to download both of these PDF documents.
PRO TRAINING COURSE
CLIENT USER MANUAL
STEP FOUR - Access Your Client List
The button below will take you to your password-protected client list. Once your clients give you permission to access their account, their name, email address and login link will appear on this list. The best way to get started is to purchase your own membership and give yourself permission to access your membership (in other words, you become your own trainer).
ACCESS CLIENT LIST
That is all there is to it! All of your questions are likely answered in the professional training course or the user manual available above. If you have any additional questions, please feel free to send an email to info@myexerciseplan.com.

When you click the login link in the management tool for one of your clients, you are taken to their personal home page. You then have complete access to their account.



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Using the Internet to Support Your Clients

The integration of the web can be made at a variety of levels ranging from simple email support communications all the way to full client management, including pre-exercise health risk appraisal, exercise programming, workout scheduling, logging and resource library. The degree to which you integrate the Internet is dependent upon the availability of these features as well as your willingness to incorporate them into your business.

The list below provides an overview of the features of the MyExercisePlan program that have been designed to help you support your client's exercise efforts:

1. Communication via email
2. Interactive pre-exercise health assessment
3. Personalized exercise programming based on client health, primary goal and fitness level
4. Custom strength and stretching program creator
5. Ability to print the exercise program and strength and stretching routines
6. Tools to assist with exercise adherence
7. Activity scheduling and logging
8. Emailed reminders of scheduled workouts
9. Reporting of calories burned and sessions logged
10. Nutrition analyzer – carbohydrates, fat, protein, fiber, sodium
11. Resource center - question & answer forum, articles, FAQs and links

Detailed Overview of the Features of the MyExercisePlan Program

Communication via Email

Email communication with clients is available to any trainer with Internet access and the willingness to collect client's email addresses and use the feature. All MyExercisePlan members use their email address as their username. If at anytime their email address changes, they can go into the User Admin feature and change the address to which they would like email delivered. Their original email address will remain as their username.

You can use email to:

- Set up and confirm appointments
- Answer client questions
- Periodically send health and fitness information
- Follow-up on training progress

It is important to understand some basic etiquette when using email for client communications.

- Try to keep email content as short as possible. Many of your clients are using email in business and may not take the time to read a long message, especially any health or fitness information that you may have for them.
- It is best to minimize attachments to email, especially if you are sending messages to corporate clients. Many companies will not allow attachments to accompany email and if they do they often frown upon attachments that take up too much space on company servers and workstations. One solution is too send your clients a link to the file or other information that you would like them to have.

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Communication via Email (continued)

- Finally, if you are sending out one email to a group of clients, make sure you put their email address in the "BC" (means blind copy) address area instead of the "To" area. Using this method the email addresses of your clients will not be visible to each other. Your clients with privacy concerns will appreciate this.

Interactive Pre-exercise Health Assessment

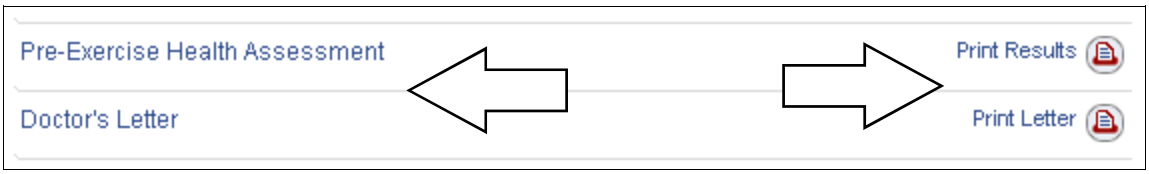
The MyExercisePlan program requires all members to get clearance from their physician prior to beginning an exercise program. Performing a pre-exercise health assessment to determine whether or not a new client should see their physician for clearance prior to exercise is considered the standard-of-care for the fitness industry. The results can also provide an exerciser with valuable health education information. MyExercisePlan uses a combination of an application of the American College of Sports Medicines (ACSM) guidelines along with the Physical Activity Readiness Questionnaire (PAR-Q) from the Canadian Society for Exercise Physiology.

In applying the ACSM guidelines, the MyExercisePlan assessment recommends that all men 45 and older and all women 55 and older are put in a moderate to high risk category and are requested to see their physician for clearance prior to beginning an exercise program. All men under 45 and women under 55 who have two or more cardiovascular risk factors are requested to see their physician also.

Among other signs and symptoms, the PAR-Q questions assess the presence of possible cardiovascular and musculoskeletal problems. If there is a "yes" answer given to any of those questions, the MyExercisePlan program will put the user in a moderate to high risk category and will also request that the client see their physician prior to beginning an exercise program.

The MyExercisePlan program provides your clients with a very comprehensive report following the submission of the pre-exercise health questionnaire. To get to the report, you first click on home button (you must be logged into the website) then you click on *My Complete Plan* and finally the links to the report and a letter that your client can take to their physician.

HOME
PRE EXERCISE
MY EXERCISE PLAN
MY EXERCISE GOAL
Personal Home Page For: Chris Roberts
Primary Exercise Goal: Stress Management
View or Print: Program Summary - My Complete Plan - My Custom Strength & Stretch Programs



Personalized Exercise Programming

You can't design an exercise program without knowing your client's goals, fitness level and preferences. The MyExercisePlan program design capabilities includes a list of 18 different goal-based programs that will provide your clients with aerobic, strength and flexibility training guidelines for beginning, intermediate or established exercisers. When your client completes the health assessment and inputs their physical activity habits for the past month the program will put them in one of the three categories for the aerobic, strength and flexibility guidelines. If you or your client feel that the assigned fitness level is not right, you can override it by going to the results of the pre-exercise

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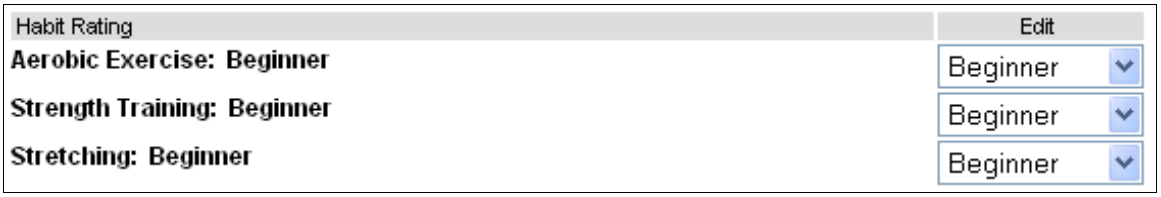
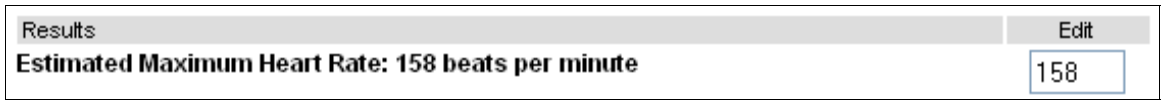
Personalized Exercise Programming (continued)

assessment (select *Pre-exercise* for the left-side menu). Scroll down to the fitness levels and make the adjustments you feel are appropriate.



You can exercise heart rate adjustments on the same page. MyExercisePlan estimate maximum heart rate by the formula 220 minus age, then calculates an exercise heart rate by the percentage of maximum method. This provides a very rough estimation, so it is always good idea to assess your client's perceived exertion at various heart rates to determine if the ranges given are providing the stimulus that is needed for their fitness level. This adjustment is made in the section that looks like this:



When you have made the change in either of the above segments of this report, make sure you click the "Save Changes" button at the bottom of the page. This change will reactivate the "Next Step" buttons, but you can navigate right to the results of the heart rate change by selecting *My Aerobic Program* then the "How Hard?" button along the top of the page. If you want to make further adjustments, click directly on the *Pre-exercise* button to go back to the page that contains the above segments.

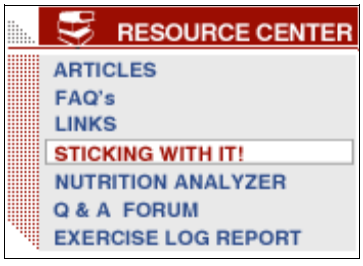
Other changes that are possible to make in your client's program are in the types of aerobic activity, the strength equipment and the strength and stretching programs.

Custom Strength and Stretching Program Creator (*Build My Program*)

One of the most powerful features of MyExercisePlan is in the *Build My Program* feature. This feature allows you to change one of the default MyExercisePlan programs or "Start from scratch" to completely build a custom program from the ground up.

You navigate to this feature by selecting the *Build My Program* button from the left navigation buttons. This will take you directly into the feature where you make a choice between creating a strengthening or stretching program, then deciding between modifying an existing program or starting from scratch. This feature is well explained in the user manual on page 13.

Exercise Adherence Tools



The exercise adherence tools are accessed by selecting the *Sticking With It!* button on the left-side navigation menu. This feature contains two assessments that can be used to help support your client in sticking with an exercise habit. The first is the "Barriers to Exercise" assessment. This tool assesses the presence of common barriers to exercise like, lack of time, lack of knowledge, lack a facilities, fear of injury, lack of motivation, etc. The other assessment in this section is the "Readiness to Exercise." This instrument assesses factors that determine how ready one is to begin an exercise. It too generates a very comprehensive final report with plenty of explanation for your client.

The results of both reports can be accessed by selecting *Home* or *MyExercisePlan* from the left side menu, then selecting "My Complete Plan" these reports can be read online or printed and placed in a training notebook.

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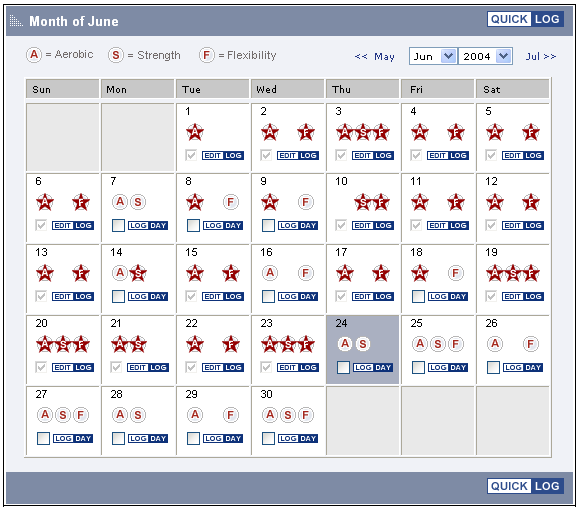
Workout Scheduling and Logging

MyExercisePlan contains a very powerful scheduling and logging feature. We have been very careful to make this feature as easy to use as possible and still give the user valuable information based on the information logged. Some clients may be resistant at first to using the scheduling and logging feature. Some may like the scheduling and not use the logging and other may enjoy using both. Logging must be used along with scheduling, because an exercise session needs to be scheduled in order to be logged.

We believe that most personal training clients should be scheduling and logging their activity at least until they have a habit well established. Scheduling exercise is the most critical. To pick the days that one is intending to exercise provides a higher level of intention to the establishment of the habit compared to simply doing one's best to exercise "four times per week." Beginning exercisers, if not most exercisers, need to get the intention to exercise out of their head and on to a schedule.



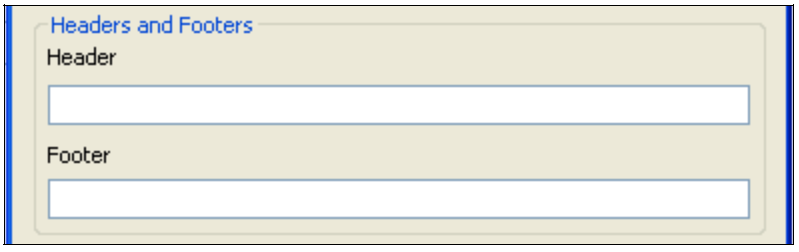
Another benefit of scheduling exercise is the optional feature that sends an early morning email out to the user reminding them of the exercise and/or other physical activity that they have scheduled for the day. When a user checks their email in the morning there will be the reminder email waiting for them if they have chosen to activate this option.

When you access a clients account, it is the logging calendar that will give you an "at-a-glance" view of a given client's exercise adherence. As clients schedule their activity, dots are placed on their calendar containing either "A" for aerobic exercise, "S" for strength training, "F" for a scheduled flexibility/stretching session. Each time they log a workout the dot is changed to a star to give your client both a visual reward and you an easy view of their adherence.

Printing Exercise Programs and Workouts

Many clients do much better reading printed copy instead of the computer screen. MyExercisePlan allows you to print their entire exercise program or any of the sections within it. These printing features are fully explained on page 15 of the client User Manual.

The two primary printing features are located on the *My Complete Plan* page and the *Build My Program* page. You can navigate to the *My Complete Plan* page by first selecting either *Home* or *My Exercise Plan* from the left-side menu, then click on *My Complete Plan* from the page you have selected. To print a custom-made exercise program you simply select *Build My Program* on the left-side menu then click on the print icon for the program you would like to print.



IMPORTANT NOTE - When you print anything from the MyExercisePlan program each page will likely print with the date and web page address in the header and/or footer of each page. You can remove this information by making a change in the page setup utility that is available on your browser. For the Microsoft Internet Explorer browser this utility is accessed by selecting File from the browser menu, then Page Setup. Simply delete any of the information contained in the header and footer fields.

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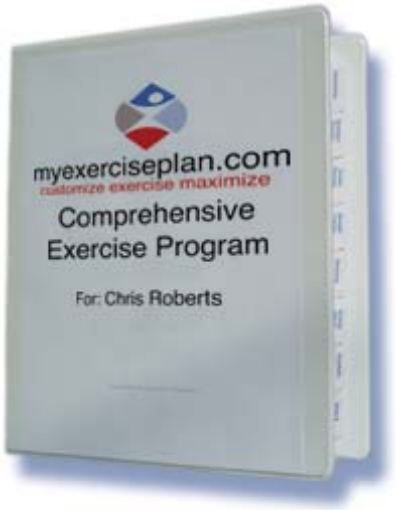
Building Your Client Training Notebook



The diverse printing capabilities of the MyExercisePlan program allows you to put together a nice training notebook for your clients. A training notebook offers many advantages over reading the exercise information directly from the computer monitor.

- Many people find it much easier to read from printed copy when compared to what is presented on a computer screen, especially older clients.
- The notebook is much more portable than screen output. Your client will be able to read their program information in a comfortable setting of their choice.
- The notebook is an excellent method of organizing training information and making changes to programs and routines.

We recommend that the notebook be set up with the following tabs, placed in the notebook in this order.

- Program Introduction - from the beginning of the program printout
- Aerobic Exercise - the aerobic exercise chapter
- Strength Training - the strength training chapter (put the selected routine in the front of this section)
- Stretching - the stretching chapter (put the selected routine in the front of this section)
- Sticking With It! - the results of the Barriers to Exercise and Readiness Assessments
- Reports - the preexercise health assessment results
- Schedules & Logs - we recommend clients keep a traditional strength training log. These can be printed from the Strength Training section of the Resource Center.
- Notes & Miscellaneous - notes and any health/fitness information that you have provided

The notebooks and tabs can be purchased from an office supply store. We found the best price on notebooks at the Costco Warehouse when purchased in packages of six.

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Integrating the Web Into Your Personal Training Business

The Internet offers a tremendous opportunity for you to enhance the service that you provide to your current customers and expand the base of potential customers that may not have the need or desire for traditional personal training services.

Personal training in its traditional form is very labor intensive. A trainer working alone will usually only be making an income when they are training clients in a one-on-one setting. Using Internet technology a trainer can provide a multitude of services to a client that will not only add value to the clients personal training experience, but also allow the trainer to service many clients at once through the information delivery features of the Internet.

Personal trainers typically serve higher-income clients in a once- or twice-weekly format of training sessions. The market for clients with the financial ability to pay even for weekly training sessions is very small when compared to the potential market for clients who need the support of a personal trainer. The integration of Internet technologies can help a trainer offer a variety of packages that include one-time visits, limited-visit exercise start-up packages. The same start-up packages can be combined with once- or twice-monthly sessions.

With sufficient Internet-based content, you will also be able to make your training sessions more of an educational experience for your clients. This is especially valuable in selling limited-session start-up packages. Clients will purchase these packages with the expectation that, by the end of the series, they will have enough knowledge and experience to either train on their own or with occasional support from you as a fitness professional.

Finally, the Internet offers trainers the ability to provide more of a coaching-style service that is completely virtual utilizing only Internet and telephone contact with a given client. This kind of service is unique in that it expands your market to a national level. This provides quite an expansion of the typical trainer market that is limited by the drive time it takes for a trainer to meet with a client.

Example Training Packages Integrating MyExercisePlan Program Memberships

Traditional Personal Training - Include the price of either the six month or one year membership into the price of a multiple session packages. If you will be taking additional time to service your client over the Internet, you should factor that time into the package price. By sending group emails out to your clients, you will be able to provide most or all of them with information in the same time it takes to send one email.

The MyExercisePlan client management tool will allow you to view and access all of your clients memberships from one listing. In two clicks you will be able to look at a client's training calendar to monitor their exercise adherence between one-on-one sessions with you.

One-Time Visit Start-up Packages - A one-time consultation with a client can take a variety of forms. These appointments can be limited to 20 minute sessions with a series of employees of a company you have contracted with, or up to a two hour session with a client that lives too far away for regular visits.

The 20 minute session can be entirely focused around getting the client started on the MyExercisePlan website with a personalized exercise program. If time and contract provisions permit, the client could receive a training notebook containing their full program and the additional support materials from the website.

A two hour session would include longer time in setting up the program using the MyExercisePlan services. A good portion of the two hour session could be dedicated to exercise program demonstrations and practice and possibly a fitness assessment.

Limited Session/Start-up Packages - An example of a limited session package is a ten-visit series. You could train the client twice a week for the first two weeks, then once a week for two weeks, and finally once per month for the next four months. The first session could be dedicated to assessment, program design and end with exercise demonstrations and practice with a training session. The rest of the appointments would look more like traditional personal training sessions, although you should always remember that the underlying objective of this training package is to

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teach the client enough exercise principles and techniques so that by the end of the series they are able to independently exercise.

Online/Telephone Coaching - This type of trainer/client interaction can involve some face-to-face meetings or completely by telephone and online. The service that includes some personal contact is usually with clients that live within you geographic area, but are unable or do not desire to receive regular one-on-one training. These are often clients whose work and travel schedules do not support regular training appointments.

We recommend that you require your clients to schedule and log their exercise and physical activity. For it is with this feature that you can monitor your client's exercise adherence. Often a telephone follow-up call will start with a look at the logging calendar. In one quick view you can compare the stars (logged sessions) to the dots (scheduled sessions) to get a sense of the adherence success your client has had over the past few weeks.

The call can then transition to troubleshooting adherence challenges or if that is not necessary, it can move to exercise progression in the aerobic, strength and flexibility components of the program. Each call should end with a definite exercise plan to follow until the next follow-up call.

Some trainers keep notes on the follow-up calls on the computer calendar that they used to alert them of the appointment, others use a dedicated document in their word processing program and some use a spreadsheet program. Our plans for the future are to build a client tracking system into the current Client Management Tool.

Conclusion

The potential for integration of web-based services into a personal training business are infinite. It is really best to view web-services as a tool box that you have available for your interaction with you individual clients. Just as each of your clients is unique in their own way, you naturally know to apply the tools that you have to meet their individual needs.

In closing, we would like you to be especially aware of the value you bring to the trainer-client relationship. We acknowledge that we are providing you with a set of well-developed tools to enhance the training process, but there is nothing more powerful than human to human contact in adding value to the life experience to both you and your clients. Use the tools we are providing to you, but know that your presence with your clients is the foundation of the service.

PLEASE READ THIS IMPORTANT NOTE: There are a number of features that have been built into the MyExercisePlan programming to protect the confidentiality of the users. One of these such features makes it difficult for you to make changes in your client's program while they are logged into the account. You both can easily click through and review a program, but making changes can get difficult when your change can get overridden by your client as you provide your support. The best way to overcome this is review the program with your client, then have them log out. You make your changes and they log back in again and you review the changes together. As long as neither of you are making changes, you will both be seeing the same thing.

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References and Suggested Reading

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User Manual

Version 2.1

You choose from a growing list of exercise goals
General Goals:
Weight Management
Health Maintenance
Muscle Toning and Sculpting
Stress Management
Sports Performance
Golf Fitness
Tennis Fitness
Downhill Skiing Fitness
Disease Management or Rehabilitation:
Heart Disease Management (following bypass surgery)
Heart Disease Management (after a heart attack)
Diabetes Management (Type 1)
Diabetes Management (Type 2)
High Blood Pressure Management
You start with an assessment of your health
Strength Training (push-up, pull-ups, crunches, free weights, machines)
Stretching (stretching exercises, yoga, etc.)
You get 3D demos of all the exercises in your program
Aerobic Exercise
Strength Training
Stretching
Exercise and Health Issues
Nutrition
Site Use Questions
A place to get all of your questions answered
Start from scratch.
HOW MUCH?
HOW OFTEN?

MyExercisePlan™

customize exercise maximize

Welcome to MyExercisePlan.com!

Whether you are an individual exerciser or personal trainer using our website to manage your clients, we know you will receive tremendous value from your MyExercisePlan experience.

How to use this manual

This manual is designed to help you become familiar with the features and functions of the MyExercisePlan program and also to provide you with a reference manual just in case you may have some questions along the way. We highly recommend that you peruse this entire manual just to gain an understanding of the existence of the various features of the MyExercisePlan website. Then if you have a specific question about a given feature you will be able to easily find an answer in this manual.

We also suggest you save a copy of this manual on your computer so that you can reference it at any time. If you are reading this than you may already know how to find the manual on our site, but here is a list of the locations you can find it in, in case you want to tell a friend about it.

- From your user home page. This is the page you are taken to when you first log into the site. The link is directly below the left side navigation menu.
- In the Resource Center, in the Site Use Questions section of the Frequently Asked Questions

This manual is in the Adobe Acrobat PDF format. For ease of use we have created a table of contents that will help you quickly take you to any section within the manual.

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Quick Start Guide

The quick start guide is for those of you who may already have some experience with the MyExercisePlan program or for those who want to just dive in and figure out how to use the program.

Set Up Your Program

The process of setting up your MyExercisePlan account and developing your personalized exercise program takes place in the following four steps. All you need to do is follow the "Next Step" buttons— NEXT STEP

1. Membership purchase and account activation
2. Health and fitness assessment
3. Exercise program goal selection
4. Exercise program creation – aerobic, strength and stretching

Additional Features

Once your program is set up, you can use any of the following additional features of the site.

- Modifying your program
  - Choose a different goal— MY EXERCISE GOAL
  - Adjust your exercise heart rate by adjusting your estimated maximum heart rate— PRE EXERCISE
  - Modify program levels— PRE EXERCISE
  - Change aerobic activities or strength-training equipment— MY AEROBIC PROGRAM or MY STRENGTH PROGRAM
- Exercise scheduling & logging— SCHEDULE MY WORKOUT / LOG MY WORKOUT
- Custom strengthening and stretching program builder— BUILD MY PROGRAM
- "Sticking With It!" assessments and programs— STICKING WITH IT!
- Resource center— RESOURCE CENTER
  - Question & Answer forum
  - Articles
  - Frequently Asked Questions
  - Nutrition Analyzer
  - Links

User Administration Area

Don't forget to check out the user administration area. Once you are logged into the site you reach this by clicking the words "User Admin" in the upper right-hand corner of any page within the site. The functions controlled within this area are as follows:

- Allow your personal trainer to access your account
- Change the email address where your weekly e-letter and exercise reminders are delivered
- Modify the home page display of scheduled exercise, logged data and receipt of weekly e-letter
- Change your password

MyExercisePlan Navigation

Navigating your way around the MyExercisePlan website is very simple.

- Most of the time you will get to where you want to go by using the left side menu.
- You will only see the "Next Step" buttons when you are first developing your program, as well as after you have made a change that necessitates a program review.
- The horizontal menus appear within the separate Aerobic, Strength and Stretching program segments.

Logging in

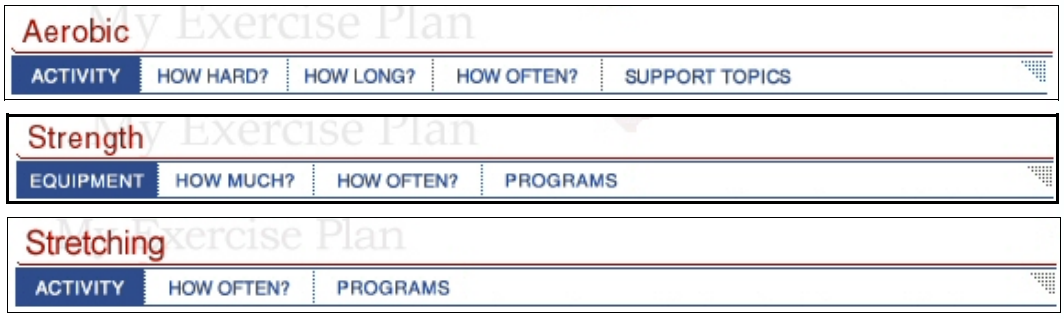
First locate and click on the Member Login button located in the upper right corner of our home page. This will take you to a secured connection where you can enter your user name and the corresponding password. Next, click on the Log In button located below the username (your email address) and password entry fields.

That's it! You will be taken to either your personal home page (if you have completed all of the pre-program customization) or to whichever step you left off at (which will be the first step if this is your first time logging in).

Most of the time you will use this menu to get around.

THIS IS IMPORTANT! You will only see the "Next Step" buttons when you are first developing your program or after you have made a change that necessitates a program review. If the "Next Step" buttons appear then use them to navigate through to create or review the changes to your program.

Anytime you want to review a segment of your program, you can click on the aerobic, strength or stretching on the left, then the specific area on these horizontal menus. If the "Next Step" buttons are present, then use them instead of these buttons.



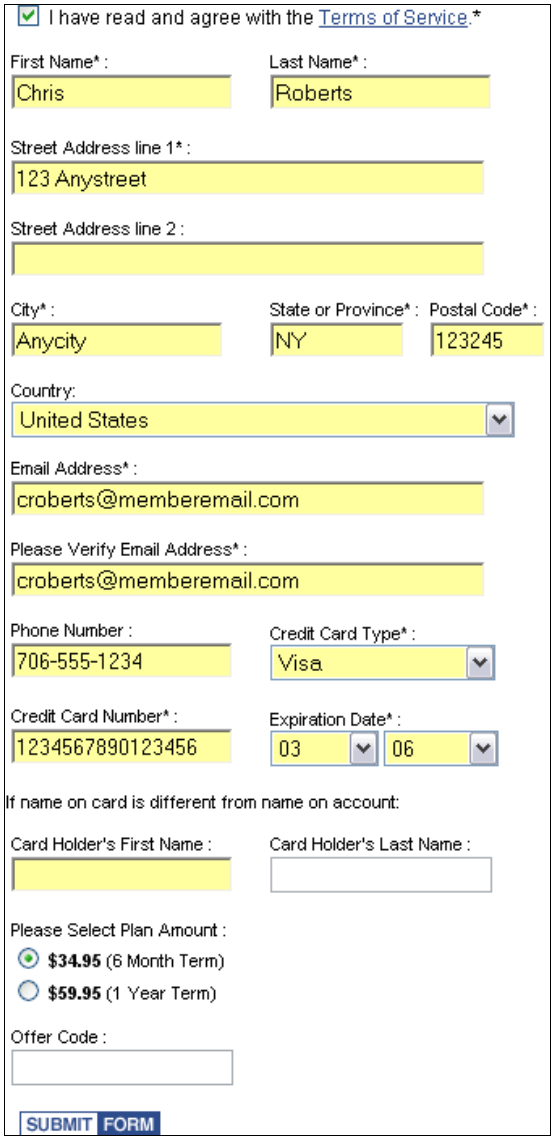
Logging Out

To end your session at MyExercisePlan.com, find and click on the button called Member Logout located in the upper right hand corner of every page. You will then be logged out and taken to the log in page.

Obtaining a MyExercisePlan Membership

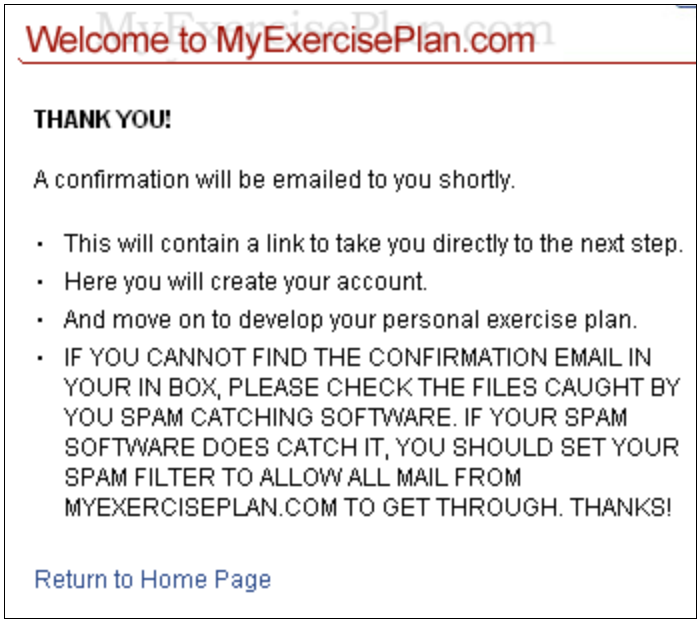
You most likely have a MyExercisePlan membership by this time, but if that is not the case you can get one by one of two methods:

1. Purchase a membership by clicking the REGISTER NOW button on the home page.
2. This will take you to a purchase page. You may buy either a six-month membership or a one-year membership. Our memberships are not automatically renewed and there will be no further charges to your credit card (Note: we never have access or in any way keep your credit card number).
3. If you work for a company that has purchased a membership for you, you will be given access to a password-protected page that contains a form that you fill out in order to activate your employer-sponsored membership.



Enter all the necessary information to make the membership purchase.

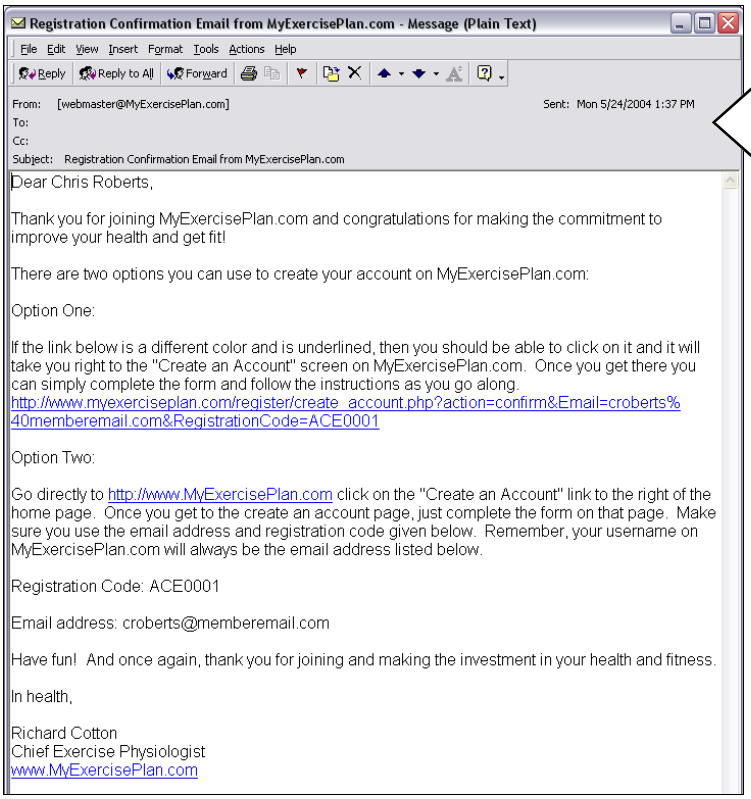
A confirmation email will follow that provides a link to the final steps in the setup process.


Welcome to MyExercisePlan.com
THANK YOU!
A confirmation will be emailed to you shortly.
This will contain a link to take you directly to the next step.
Here you will create your account.
And move on to develop your personal exercise plan.
IF YOU CANNOT FIND THE CONFIRMATION EMAIL IN YOUR IN BOX, PLEASE CHECK THE FILES CAUGHT BY YOU SPAM CATCHING SOFTWARE. IF YOUR SPAM SOFTWARE DOES CATCH IT, YOU SHOULD SET YOUR SPAM FILTER TO ALLOW ALL MAIL FROM MYEXERCISEPLAN.COM TO GET THROUGH. THANKS!
Return to Home Page

Activating Your Membership

After you have obtained a membership you will automatically be sent an email to the address that you used to register for the account. IF YOU ARE UNABLE TO LOCATE THAT EMAIL, MAKE SURE YOU CHECK YOUR SPAM-CATCHING SOFTWARE BEFORE CONTACTING MYEXERCISEPLAN. Many spam filtering software programs will not allow any email to pass through from an email address that is not in your email address listing.

The membership confirmation email that you receive will contain a link that you can click to continue with the activation process. This email also contains your membership code and the address of the page that you can go to use the code to activate your membership just in case your computer or internet service provider deactivates hyperlinks in emails.



Registration Confirmation Email from MyExercisePlan.com - Message (Plain Text)

File Edit View Insert Format Tools Actions Help

Reply | Reply to All | Forward

From: [webmaster@MyExercisePlan.com] Sent: Mon 5/24/2004 1:37 PM
To:
Cc:
Subject: Registration Confirmation Email from MyExercisePlan.com

Dear Chris Roberts,

Thank you for joining MyExercisePlan.com and congratulations for making the commitment to improve your health and get fit!

There are two options you can use to create your account on MyExercisePlan.com:

Option One:

If the link below is a different color and is underlined, then you should be able to click on it and it will take you right to the "Create an Account" screen on MyExercisePlan.com. Once you get there you can simply complete the form and follow the instructions as you go along.
http://www.myexerciseplan.com/register/create_account.php?action=confirm&Email=croberts%40memberemail.com&RegistrationCode=ACE0001

Option Two:

Go directly to http://www.MyExercisePlan.com click on the "Create an Account" link to the right of the home page. Once you get to the create an account page, just complete the form on that page. Make sure you use the email address and registration code given below. Remember, your username on MyExercisePlan.com will always be the email address listed below.

Registration Code: ACE0001

Email address: croberts@memberemail.com

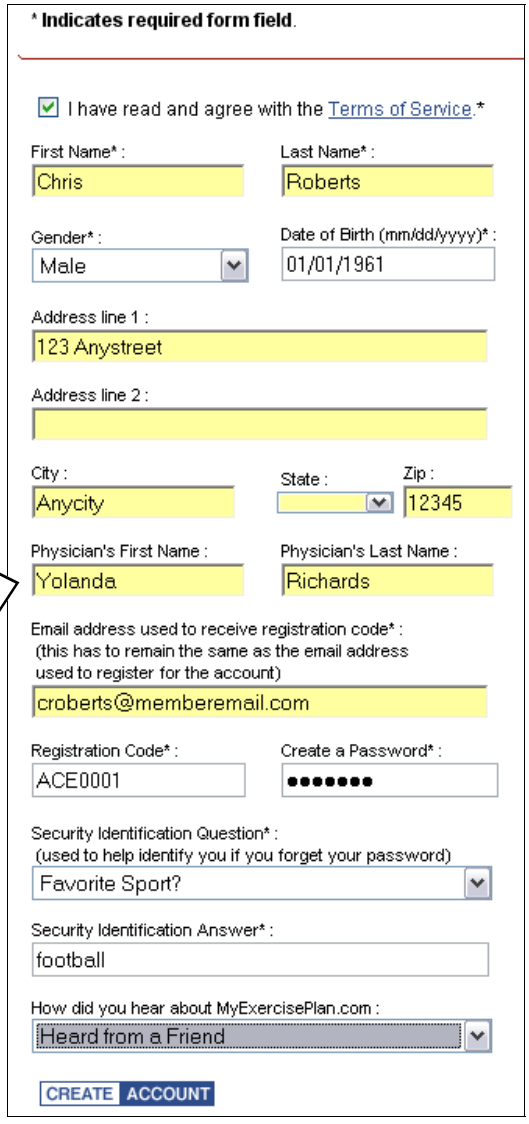
Have fun! And once again, thank you for joining and making the investment in your health and fitness.

In health,

Richard Cotton
Chief Exercise Physiologist
www.MyExercisePlan.com

You will receive an email that will link you to the username and password setup page.

The link in the above email will take you to this page to setup your password and you are on your way!



* **Indicates required form field.**

I have read and agree with the Terms of Service.*

First Name* : Chris
Last Name* : Roberts

Gender* : Male
Date of Birth (mm/dd/yyyy)* : 01/01/1961

Address line 1 : 123 Anystreet

Address line 2 :

City : Anycity
State :
Zip : 12345

Physician's First Name : Yolanda
Physician's Last Name : Richards

Email address used to receive registration code* :
(this has to remain the same as the email address used to register for the account)
croberts@memberemail.com

Registration Code* : ACE0001
Create a Password* : ●●●●●●●

Security Identification Question* :
(used to help identify you if you forget your password)
Favorite Sport?

Security Identification Answer* : football

How did you hear about MyExercisePlan.com :
Heard from a Friend

CREATE ACCOUNT

Exercise Program Development

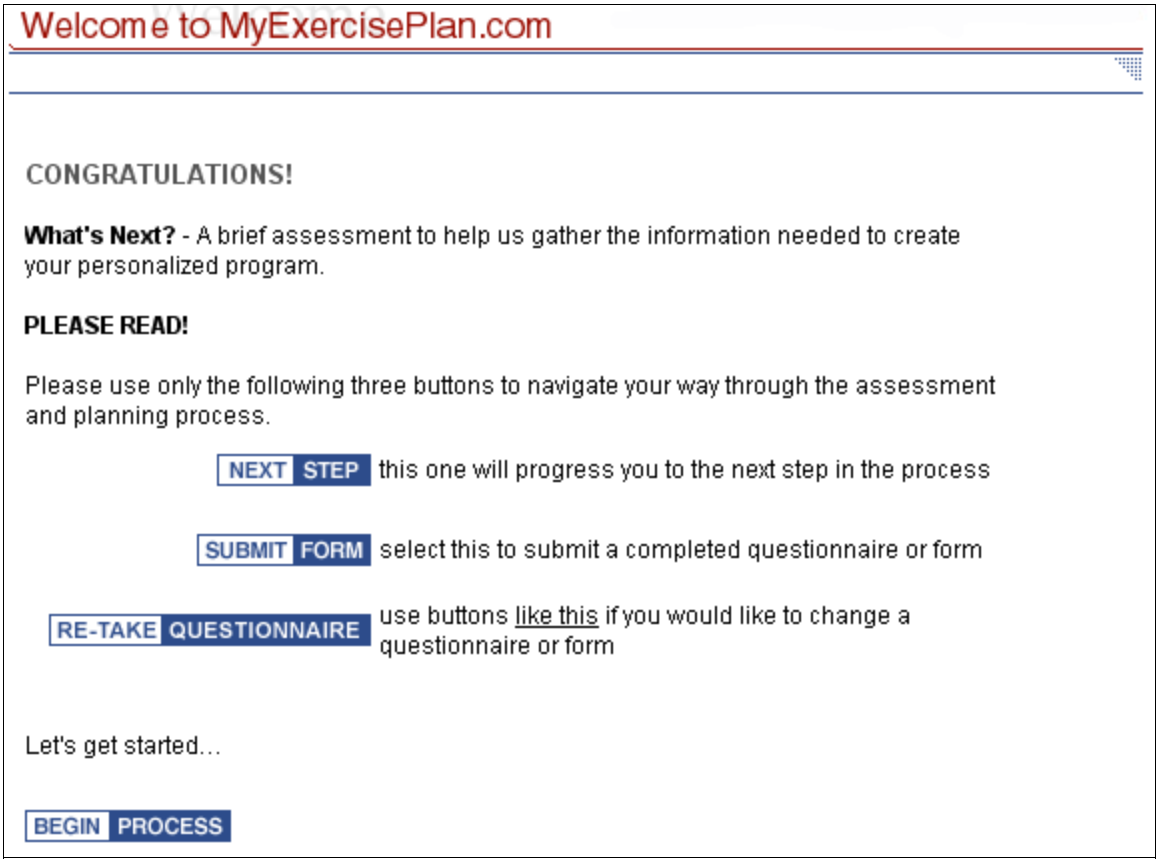
After you setup your username and password, you will get instructions on how to complete the development of your exercise program.

Get to Know the "Next Step" Buttons

The "Next Step" buttons look like this - NEXT STEP

They will appear anytime a significant change has been made to your exercise program, such as any change in the health assessment, the level of the aerobic, strength or stretching program (e.g., beginning, intermediate, established). When these kinds of changes are made to your exercise program, the MyExercisePlan software will require you to review your entire program by clicking through using the "Next Step" buttons.

These instructions will follow the activation of your membership and let you know about the buttons to use in the development of your program.


Welcome to MyExercisePlan.com
CONGRATULATIONS!
What's Next? - A brief assessment to help us gather the information needed to create your personalized program.
PLEASE READ!
Please use only the following three buttons to navigate your way through the assessment and planning process.
NEXT STEP this one will progress you to the next step in the process
SUBMIT FORM select this to submit a completed questionnaire or form
RE-TAKE QUESTIONNAIRE use buttons like this if you would like to change a questionnaire or form
Let's get started...
BEGIN PROCESS

The Pre-Exercise Health & Fitness Assessment

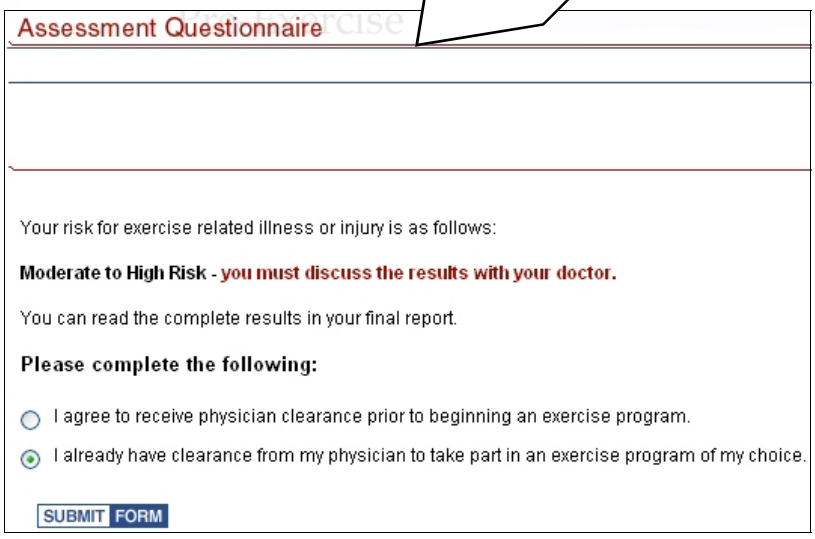
The health and fitness assessment will rate you as either low risk or moderate to high risk. The risk ratings are based on the accepted standards for the fitness industry. It is important to understand that for safety sake these ratings are very conservative. All men 55 and over and all women 45 and older are automatically placed in the moderate to high risk category regardless of their answers to the questions. A "Yes" answer to many of the questions could put you in the moderate to high risk category regardless of you age. All MyExercisePlan users must agree to have their physician's clearance before beginning an exercise program.

This form is also used to determine the level of your aerobic, strength and stretching programs. These levels are beginning, intermediate and established. All of this information can be changed at anytime, just by clicking on "Pre-Exercise" button.

MyExercisePlan provides you with a detailed report of this assessment and a letter to take to your physician. They are available by clicking on the "My Complete Plan" button that is located on the user home page (the place were you land when you first log in) or from the "My Exercise Plan" page.

Completing this form will determine your exercise level and exercise related health risk.

All MyExercisePlan users are required to have physician approval prior to exercise.


Assessment Questionnaire

Your risk for exercise related illness or injury is as follows:

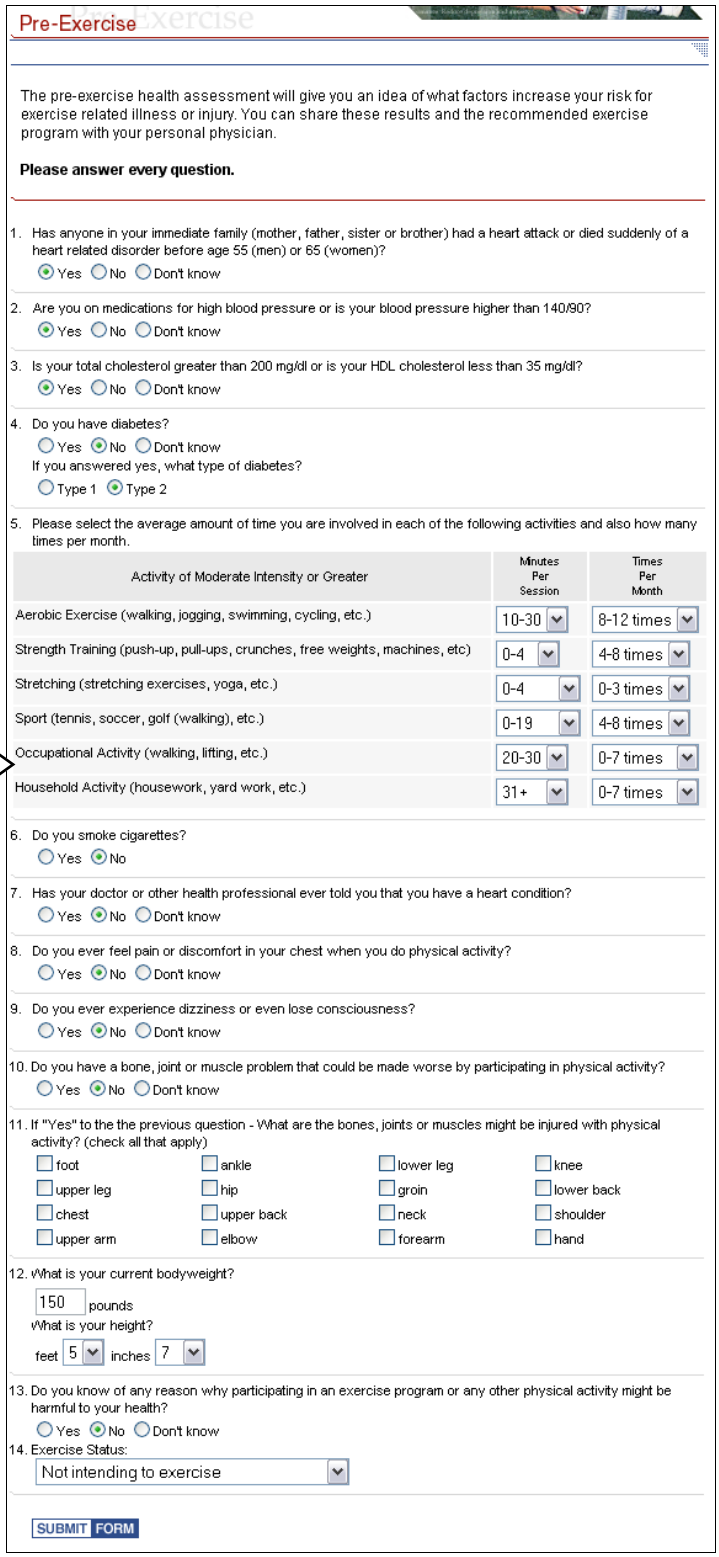
Moderate to High Risk - **you must discuss the results with your doctor.**

You can read the complete results in your final report.

Please complete the following:

- ○ I agree to receive physician clearance prior to beginning an exercise program.
- ◉ I already have clearance from my physician to take part in an exercise program of my choice.

SUBMIT FORM


Pre-Exercise

The pre-exercise health assessment will give you an idea of what factors increase your risk for exercise related illness or injury. You can share these results and the recommended exercise program with your personal physician.

Please answer every question.

1. Has anyone in your immediate family (mother, father, sister or brother) had a heart attack or died suddenly of a heart related disorder before age 55 (men) or 65 (women)?
   ◉ Yes ○ No ○ Don't know
2. Are you on medications for high blood pressure or is your blood pressure higher than 140/90?
   ◉ Yes ○ No ○ Don't know
3. Is your total cholesterol greater than 200 mg/dl or is your HDL cholesterol less than 35 mg/dl?
   ◉ Yes ○ No ○ Don't know
4. Do you have diabetes?
   ○ Yes ◉ No ○ Don't know
   If you answered yes, what type of diabetes?
   ○ Type 1 ◉ Type 2
5. Please select the average amount of time you are involved in each of the following activities and also how many times per month.

Activity of Moderate Intensity or Greater	Minutes Per Session	Times Per Month
Aerobic Exercise (walking, jogging, swimming, cycling, etc.)	10-30	8-12 times
Strength Training (push-up, pull-ups, crunches, free weights, machines, etc)	0-4	4-8 times
Stretching (stretching exercises, yoga, etc.)	0-4	0-3 times
Sport (tennis, soccer, golf (walking), etc.)	0-19	4-8 times
Occupational Activity (walking, lifting, etc.)	20-30	0-7 times
Household Activity (housework, yard work, etc.)	31+	0-7 times

6. Do you smoke cigarettes?
   ○ Yes ◉ No
7. Has your doctor or other health professional ever told you that you have a heart condition?
   ○ Yes ◉ No ○ Don't know
8. Do you ever feel pain or discomfort in your chest when you do physical activity?
   ○ Yes ◉ No ○ Don't know
9. Do you ever experience dizziness or even lose consciousness?
   ○ Yes ◉ No ○ Don't know
10. Do you have a bone, joint or muscle problem that could be made worse by participating in physical activity?
    ○ Yes ◉ No ○ Don't know
11. If "Yes" to the the previous question - What are the bones, joints or muscles might be injured with physical activity? (check all that apply)
    ☐ foot ☐ ankle ☐ lower leg ☐ knee
    ☐ upper leg ☐ hip ☐ groin ☐ lower back
    ☐ chest ☐ upper back ☐ neck ☐ shoulder
    ☐ upper arm ☐ elbow ☐ forearm ☐ hand
12. What is your current bodyweight?
    150 pounds
    What is your height?
    feet 5 inches 7
13. Do you know of any reason why participating in an exercise program or any other physical activity might be harmful to your health?
    ○ Yes ◉ No ○ Don't know
14. Exercise Status:
    Not intending to exercise

SUBMIT FORM

Pre-Exercise Health & Fitness Assessment Summary Results

This is a very important page that offers both the results of your health and fitness assessment and provides you with the ability to adjust the variables in your exercise program.

The complete results are available by clicking on "My Complete Plan" from your user home page.

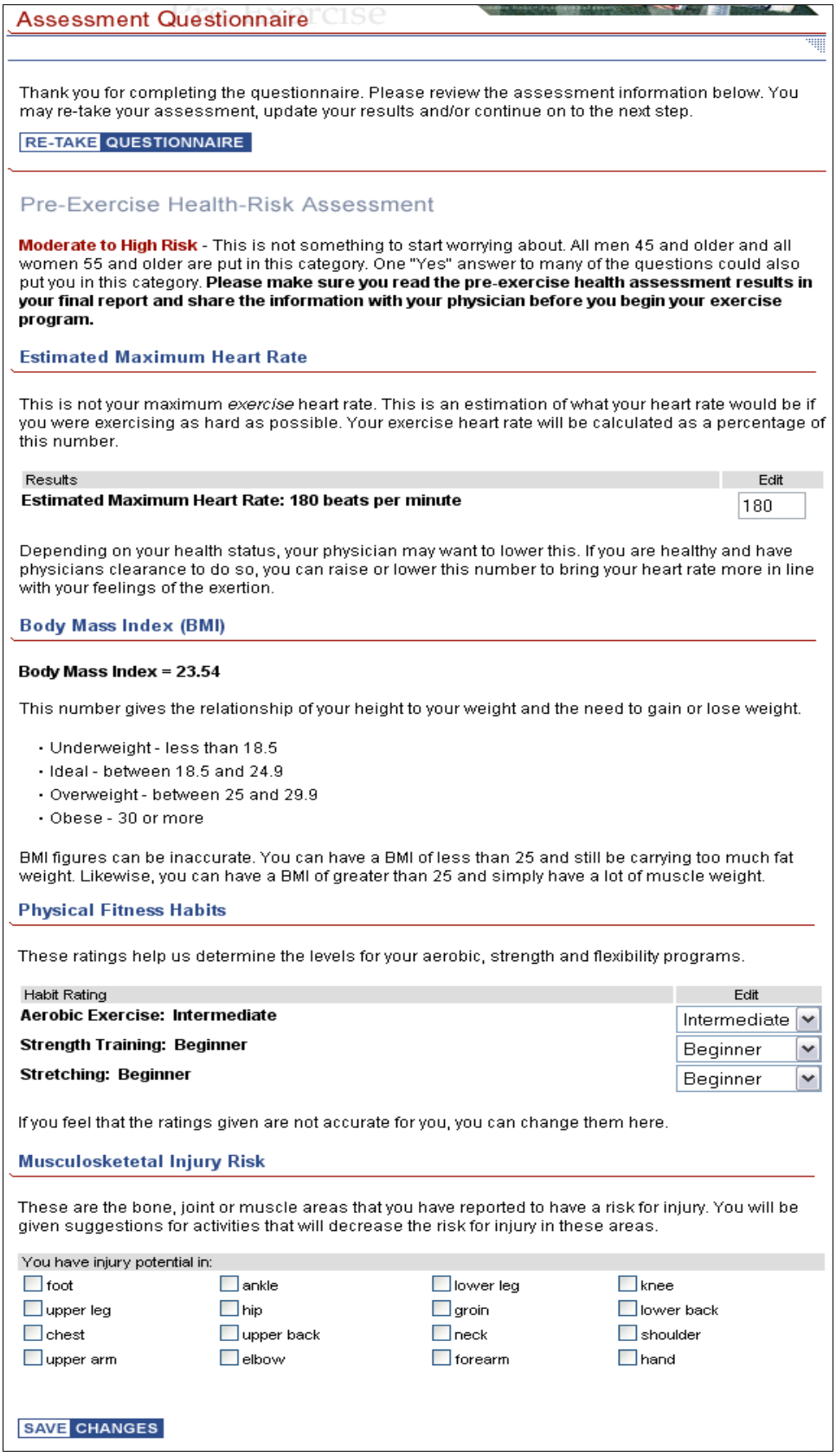
You will receive either a pre-exercise health rating of low risk or moderate to high risk here. All MyExercise-Plan members must agree that they have had their doctor's clearance or will get it prior to taking part in any exercise program.

Your estimated maximum heart rate is calculated from the formula 220 minus your age. Your exercise heart rate will be a percentage of maximum heart rate. If the heart rates given in your program seem to low or too high the maximum heart rate can be adjusted up or down accordingly.

Your body mass index (BMI) is given here. BMI is a ratio of your height to your weight and provides an indication of whether your current weight is within a healthy range.

These are the fitness levels of your aerobic strength and flexibility programs provided by your health and fitness assessment. If you would like to adjust these levels you can either retake the assessment or override the levels here.

This list indicates the areas you reported problems with bones, joints or muscles. As these change, they can be updated here.



Assessment Questionnaire

Thank you for completing the questionnaire. Please review the assessment information below. You may re-take your assessment, update your results and/or continue on to the next step.

RE-TAKE QUESTIONNAIRE

Pre-Exercise Health-Risk Assessment

Moderate to High Risk - This is not something to start worrying about. All men 45 and older and all women 55 and older are put in this category. One "Yes" answer to many of the questions could also put you in this category. **Please make sure you read the pre-exercise health assessment results in your final report and share the information with your physician before you begin your exercise program.**

Estimated Maximum Heart Rate

This is not your maximum *exercise* heart rate. This is an estimation of what your heart rate would be if you were exercising as hard as possible. Your exercise heart rate will be calculated as a percentage of this number.

Results	Edit
Estimated Maximum Heart Rate: 180 beats per minute	180

Depending on your health status, your physician may want to lower this. If you are healthy and have physicians clearance to do so, you can raise or lower this number to bring your heart rate more in line with your feelings of the exertion.

Body Mass Index (BMI)

Body Mass Index = 23.54

This number gives the relationship of your height to your weight and the need to gain or lose weight.

- Underweight - less than 18.5
- Ideal - between 18.5 and 24.9
- Overweight - between 25 and 29.9
- Obese - 30 or more

BMI figures can be inaccurate. You can have a BMI of less than 25 and still be carrying too much fat weight. Likewise, you can have a BMI of greater than 25 and simply have a lot of muscle weight.

Physical Fitness Habits

These ratings help us determine the levels for your aerobic, strength and flexibility programs.

Habit Rating	Edit
Aerobic Exercise: Intermediate	Intermediate
Strength Training: Beginner	Beginner
Stretching: Beginner	Beginner

If you feel that the ratings given are not accurate for you, you can change them here.

Musculosketetal Injury Risk

These are the bone, joint or muscle areas that you have reported to have a risk for injury. You will be given suggestions for activities that will decrease the risk for injury in these areas.

You have injury potential in:

foot	ankle	lower leg	knee
upper leg	hip	groin	lower back
chest	upper back	neck	shoulder
upper arm	elbow	forearm	hand

SAVE CHANGES

Selecting Your Exercise Goal

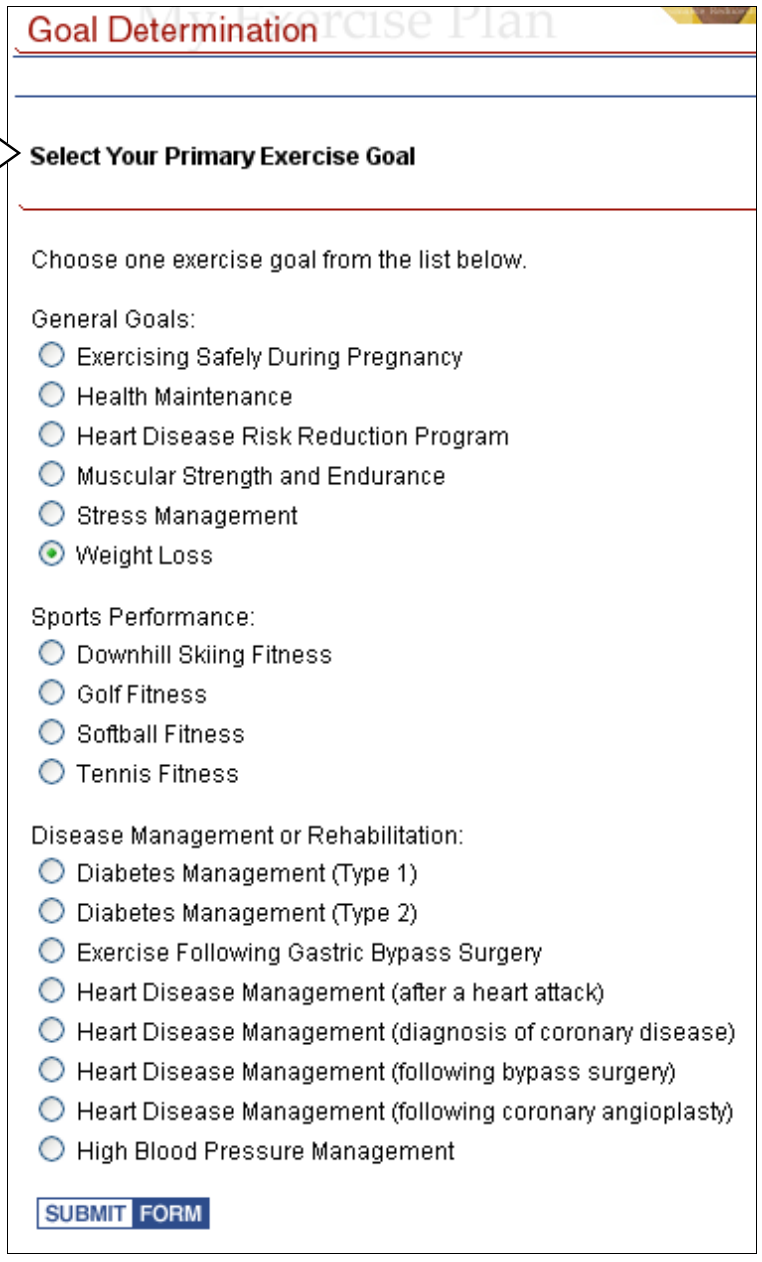
The first step in the development of your exercise program is the selection of the primary goal of your exercise program. MyExercise-Plan has a growing list of exercise goals divided into three groups.

- General Goals
- Sports Performance
- Disease Management or Rehabilitation

You can select one goal and this selection will determine the information that is included in your exercise program report and, along with your level of fitness, will determine the different levels of your aerobic, strength and stretching programs.

You can change your exercise goal at anytime. If you do, MyExercisePlan will reactivate the "Next Step" buttons and the website will take you through the process of re-establishing your aerobic, strength and flexibility programs.

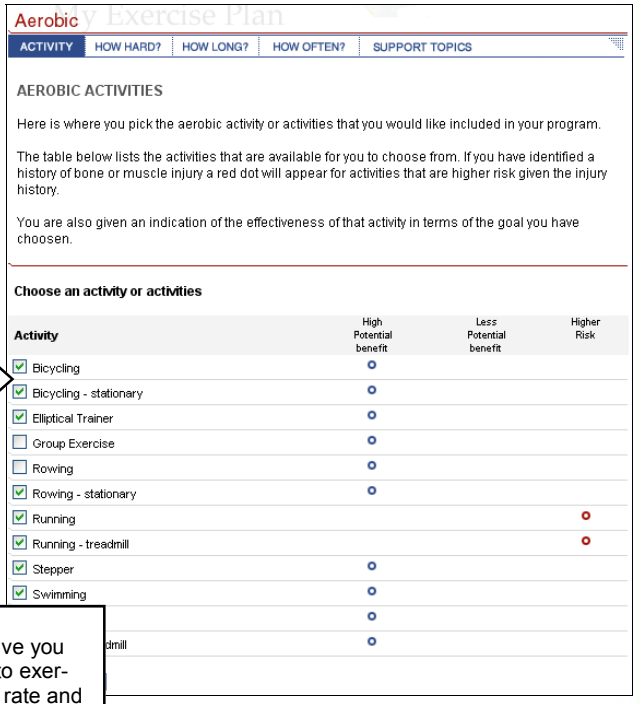
Your goal selection will determine the information and levels within your aerobic, strength and stretching programs



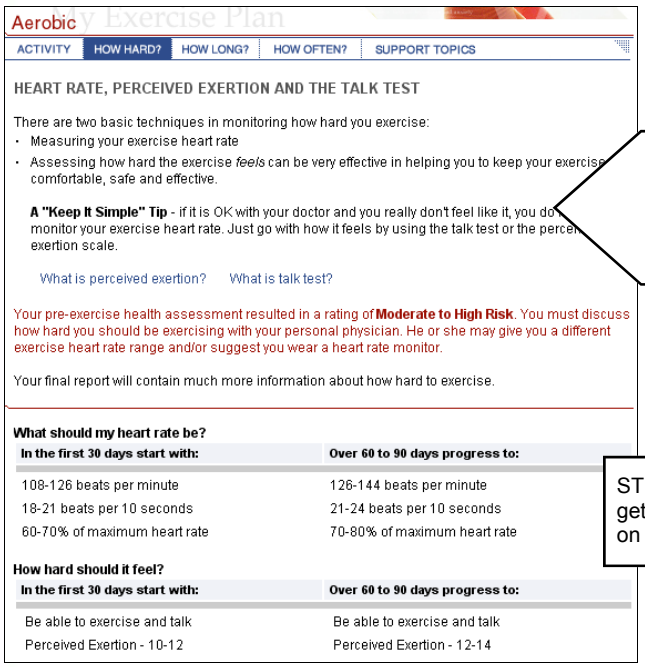
Your Aerobic Exercise Program

After you have chosen your exercise goal, you are taken into the aerobic exercise program development process. You start by choosing the activities that you would like included in your program. Next, you are taken through the suggested design of the program.

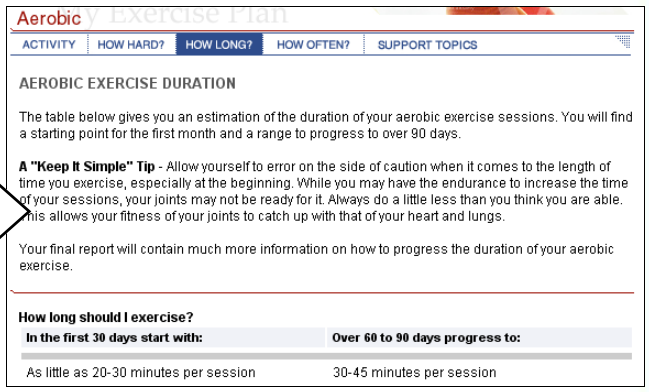
Remember, if you are just setting up your program you will need to navigate through using the "Next Step" buttons. If you want to make changes in the exercise heart rate or level of the program, you can do so by clicking the "Pre-Exercise" button. Naturally, you will need to click on "Exercise Goal" to change the goal of your program.


Aerobic
ACTIVITY
HOW HARD?
HOW LONG?
HOW OFTEN?
SUPPORT TOPICS
AEROBIC ACTIVITIES
Here is where you pick the aerobic activity or activities that you would like included in your program.
The table below lists the activities that are available for you to choose from. If you have identified a history of bone or muscle injury a red dot will appear for activities that are higher risk given the injury history.
You are also given an indication of the effectiveness of that activity in terms of the goal you have choosen.
Choose an activity or activities
Activity
High Potential benefit
Less Potential benefit
Higher Risk
Bicycling
Bicycling - stationary
Elliptical Trainer
Group Exercise
Rowing
Rowing - stationary
Running
Running - treadmill
Stepper
Swimming

STEP 1 - Choose from the list of aerobic activities that you would like included into your program.

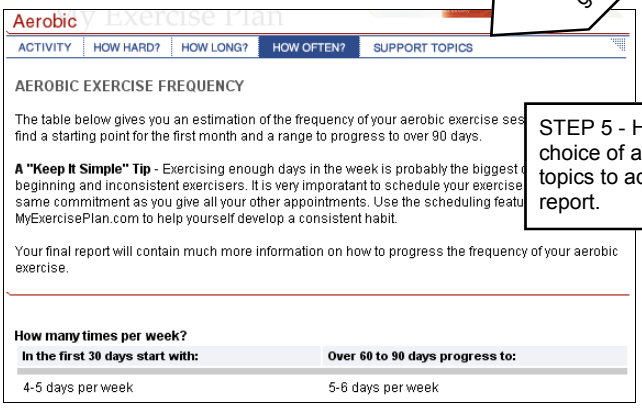

Aerobic
ACTIVITY
HOW HARD?
HOW LONG?
HOW OFTEN?
SUPPORT TOPICS
HEART RATE, PERCEIVED EXERTION AND THE TALK TEST
There are two basic techniques in monitoring how hard you exercise:
Measuring your exercise heart rate
Assessing how hard the exercise feels can be very effective in helping you to keep your exercise comfortable, safe and effective.
A "Keep It Simple" Tip - if it is OK with your doctor and you really don't feel like it, you do monitor your exercise heart rate. Just go with how it feels by using the talk test or the perce exertion scale.
What is perceived exertion?
What is talk test?
Your pre-exercise health assessment resulted in a rating of Moderate to High Risk. You must discuss how hard you should be exercising with your personal physician. He or she may give you a different exercise heart rate range and/or suggest you wear a heart rate monitor.
Your final report will contain much more information about how hard to exercise.
What should my heart rate be?
In the first 30 days start with:
Over 60 to 90 days progress to:
108-126 beats per minute
126-144 beats per minute
18-21 beats per 10 seconds
21-24 beats per 10 seconds
60-70% of maximum heart rate
70-80% of maximum heart rate
How hard should it feel?
In the first 30 days start with:
Over 60 to 90 days progress to:
Be able to exercise and talk
Be able to exercise and talk
Perceived Exertion - 10-12
Perceived Exertion - 12-14

STEP 2 –This page will give you instructions on how hard to exercise, based on both heart rate and how it should feel.

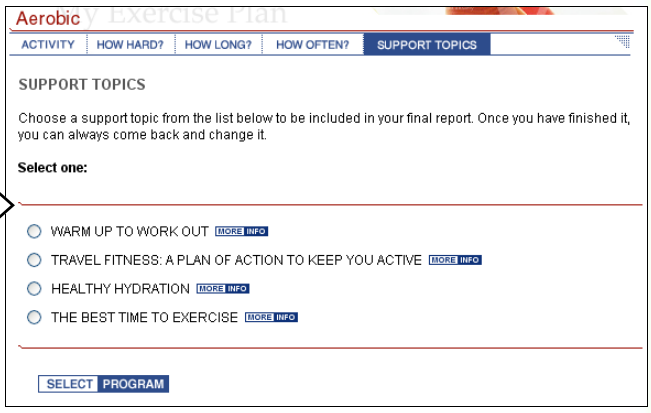

Aerobic
ACTIVITY
HOW HARD?
HOW LONG?
HOW OFTEN?
SUPPORT TOPICS
AEROBIC EXERCISE DURATION
The table below gives you an estimation of the duration of your aerobic exercise sessions. You will find a starting point for the first month and a range to progress to over 90 days.
A "Keep It Simple" Tip - Allow yourself to error on the side of caution when it comes to the length of time you exercise, especially at the beginning. While you may have the endurance to increase the time of your sessions, your joints may not be ready for it. Always do a little less than you think you are able. This allows your fitness of your joints to catch up with that of your heart and lungs.
Your final report will contain much more information on how to progress the duration of your aerobic exercise.
How long should I exercise?
In the first 30 days start with:
Over 60 to 90 days progress to:
As little as 20-30 minutes per session
30-45 minutes per session

STEP 3 - Here you will get explicit instructions on how long to exercise.

STEP 4 –The number of aerobic sessions per week to start with and progress to, is given here.


Aerobic
ACTIVITY
HOW HARD?
HOW LONG?
HOW OFTEN?
SUPPORT TOPICS
AEROBIC EXERCISE FREQUENCY
The table below gives you an estimation of the frequency of your aerobic exercise ses find a starting point for the first month and a range to progress to over 90 days.
A "Keep It Simple" Tip - Exercising enough days in the week is probably the biggest beginning and inconsistent exercisers. It is very imporatant to schedule your exercise same commitment as you give all your other appointments. Use the scheduling featu MyExercisePlan.com to help yourself develop a consistent habit.
Your final report will contain much more information on how to progress the frequency of your aerobic exercise.
How many times per week?
In the first 30 days start with:
Over 60 to 90 days progress to:
4-5 days per week
5-6 days per week

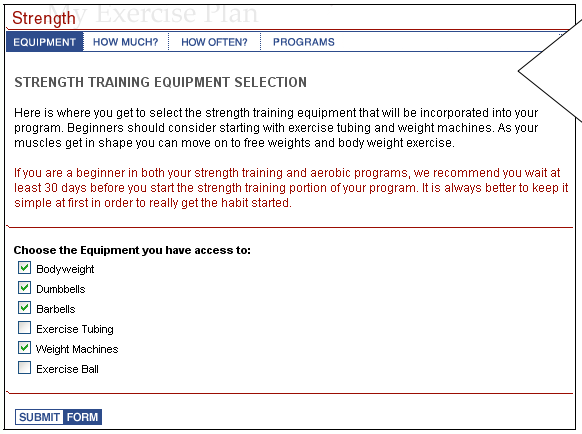
STEP 5 - Here you have a choice of additional helpful topics to add to your final report.


Aerobic
ACTIVITY
HOW HARD?
HOW LONG?
HOW OFTEN?
SUPPORT TOPICS
SUPPORT TOPICS
Choose a support topic from the list below to be included in your final report. Once you have finished it, you can always come back and change it.
Select one:
WARM UP TO WORK OUT MORE INFO
TRAVEL FITNESS: A PLAN OF ACTION TO KEEP YOU ACTIVE MORE INFO
HEALTHY HYDRATION MORE INFO
THE BEST TIME TO EXERCISE MORE INFO
SELECT PROGRAM

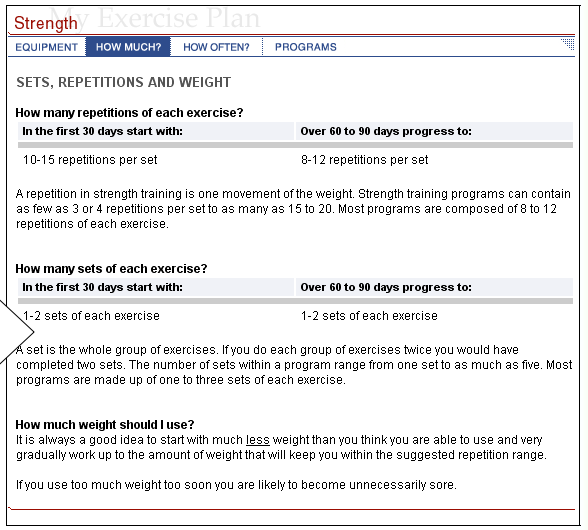
Your Strength Training Program

Setting up your strength program starts with the selection of the equipment that you will be including in your program. You are then given suggested sets and repetitions as well as instruction on how to find the proper weight to use for each of your strengthening exercises. This is followed by recommendations for training frequency and ends with the selection of the actual strength training routine. The programs you are given to select from are based on your level of fitness, the equipment choices you made and your exercise goal.

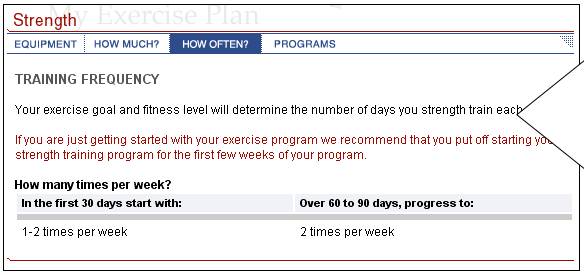
MyExercisePlan allows you to change your exercise program, level of the program and exercise goal at any time.


Strength
EQUIPMENT
HOW MUCH?
HOW OFTEN?
PROGRAMS
STRENGTH TRAINING EQUIPMENT SELECTION
Here is where you get to select the strength training equipment that will be incorporated into your program. Beginners should consider starting with exercise tubing and weight machines. As your muscles get in shape you can move on to free weights and body weight exercise.
If you are a beginner in both your strength training and aerobic programs, we recommend you wait at least 30 days before you start the strength training portion of your program. It is always better to keep it simple at first in order to really get the habit started.
Choose the Equipment you have access to:
Bodyweight
Dumbbells
Barbells
Exercise Tubing
Weight Machines
Exercise Ball
SUBMIT FORM

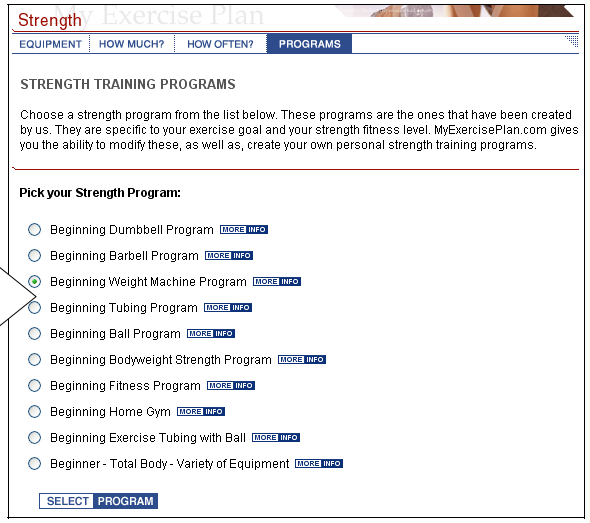
STEP 1 - You start by choosing the equipment that you would like included in your program.


Strength
EQUIPMENT
HOW MUCH?
HOW OFTEN?
PROGRAMS
SETS, REPETITIONS AND WEIGHT
How many repetitions of each exercise?
In the first 30 days start with:
Over 60 to 90 days progress to:
10-15 repetitions per set
8-12 repetitions per set
A repetition in strength training is one movement of the weight. Strength training programs can contain as few as 3 or 4 repetitions per set to as many as 15 to 20. Most programs are composed of 8 to 12 repetitions of each exercise.
How many sets of each exercise?
In the first 30 days start with:
Over 60 to 90 days progress to:
1-2 sets of each exercise
1-2 sets of each exercise
A set is the whole group of exercises. If you do each group of exercises twice you would have completed two sets. The number of sets within a program range from one set to as much as five. Most programs are made up of one to three sets of each exercise.
How much weight should I use?
It is always a good idea to start with much less weight than you think you are able to use and very gradually work up to the amount of weight that will keep you within the suggested repetition range.
If you use too much weight too soon you are likely to become unnecessarily sore.

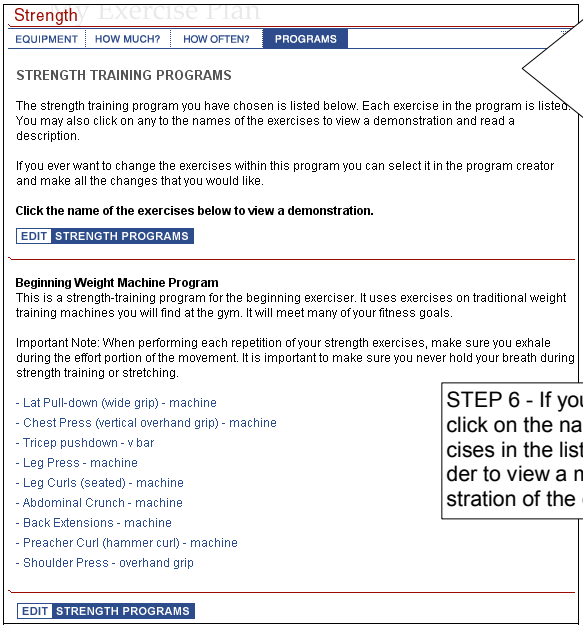
STEP 2 - Gives you recommendations for strength training sets, repetitions and weight that is based on your exercise goal and fitness.


Strength
EQUIPMENT
HOW MUCH?
HOW OFTEN?
PROGRAMS
TRAINING FREQUENCY
Your exercise goal and fitness level will determine the number of days you strength train each
If you are just getting started with your exercise program we recommend that you put off starting yo
strength training program for the first few weeks of your program.
How many times per week?
In the first 30 days start with:
Over 60 to 90 days, progress to:
1-2 times per week
2 times per week

STEP 3 - Is the training frequency page offering you recommendations for number of workouts per week.

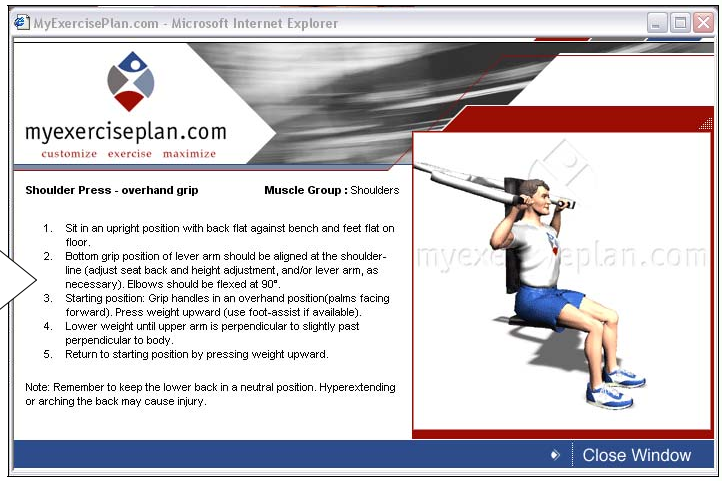

Strength
EQUIPMENT
HOW MUCH?
HOW OFTEN?
PROGRAMS
STRENGTH TRAINING PROGRAMS
Choose a strength program from the list below. These programs are the ones that have been created by us. They are specific to your exercise goal and your strength fitness level. MyExercisePlan.com gives you the ability to modify these, as well as, create your own personal strength training programs.
Pick your Strength Program:
Beginning Dumbbell Program
Beginning Barbell Program
Beginning Weight Machine Program
Beginning Tubing Program
Beginning Ball Program
Beginning Bodyweight Strength Program
Beginning Fitness Program
Beginning Home Gym
Beginning Exercise Tubing with Ball
Beginner - Total Body - Variety of Equipment
SELECT PROGRAM

STEP 4 - Is where you pick your actual program based on your equipment choices, goal and level of fitness.


Strength
EQUIPMENT
HOW MUCH?
HOW OFTEN?
PROGRAMS
STRENGTH TRAINING PROGRAMS
The strength training program you have chosen is listed below. Each exercise in the program is listed. You may also click on any to the names of the exercises to view a demonstration and read a description.
If you ever want to change the exercises within this program you can select it in the program creator and make all the changes that you would like.
Click the name of the exercises below to view a demonstration.
EDIT STRENGTH PROGRAMS
Beginning Weight Machine Program
This is a strength-training program for the beginning exerciser. It uses exercises on traditional weight training machines you will find at the gym. It will meet many of your fitness goals.
Important Note: When performing each repetition of your strength exercises, make sure you exhale during the effort portion of the movement. It is important to make sure you never hold your breath during strength training or stretching.
- Lat Pull-down (wide grip) - machine
- Chest Press (vertical overhand grip) - machine
- Tricep pushdown - v bar
- Leg Press - machine
- Leg Curls (seated) - machine
- Abdominal Crunch - machine
- Back Extensions - machine
- Preacher Curl (hammer curl) - machine
- Shoulder Press - overhand grip
EDIT STRENGTH PROGRAMS

STEP 5 - You can look at the list of exercises in a given program.

STEP 6 - If you like, you can click on the name of the exercises in the list to the left in order to view a moving demonstration of the exercise.

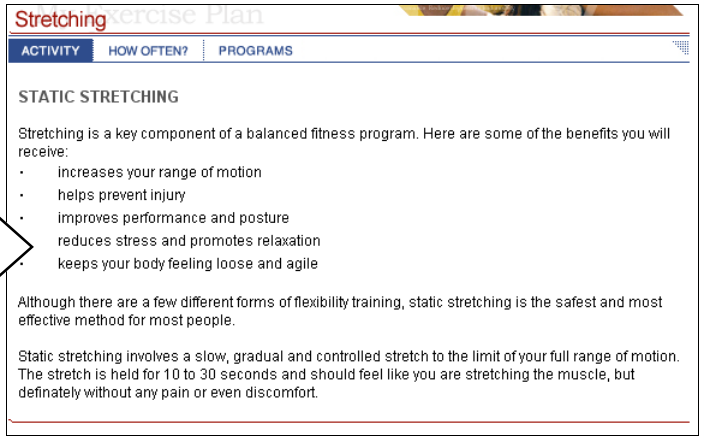

MyExercisePlan.com - Microsoft Internet Explorer
myexerciseplan.com
customize exercise maximize
Shoulder Press - overhand grip
Muscle Group : Shoulders
1. Sit in an upright position with back flat against bench and feet flat on floor.
2. Bottom grip position of lever arm should be aligned at the shoulder-line (adjust seat back and height adjustment, and/or lever arm, as necessary). Elbows should be flexed at 90°.
3. Starting position: Grip handles in an overhand position(palms facing forward). Press weight upward (use foot-assist if available).
4. Lower weight until upper arm is perpendicular to slightly past perpendicular to body.
5. Return to starting position by pressing weight upward.
Note: Remember to keep the lower back in a neutral position. Hyperextending or arching the back may cause injury.
Close Window

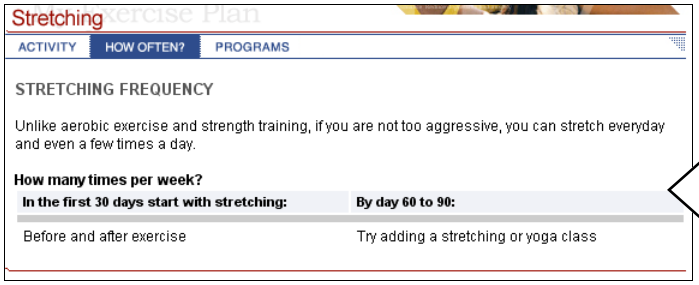
Your Stretching Program

Setting up your stretching program starts with an overview of the benefits and basics of static stretching. You are then given guidelines for how often to stretch. This is followed by the selection of the actual stretching program. The programs you are given to select from are based on your level of fitness and your exercise goal.

MyExercisePlan allows you to change your stretching program, level of the program and exercise goal at anytime.

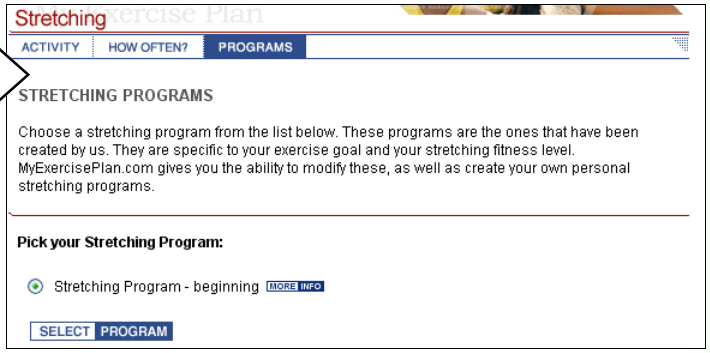
STEP 1 - Unlike the aerobic and strengthening sections of MyExercisePlan, there is no equipment to select for your stretching program. This first page provides an overview of static stretching with greater detail to follow in the final report.

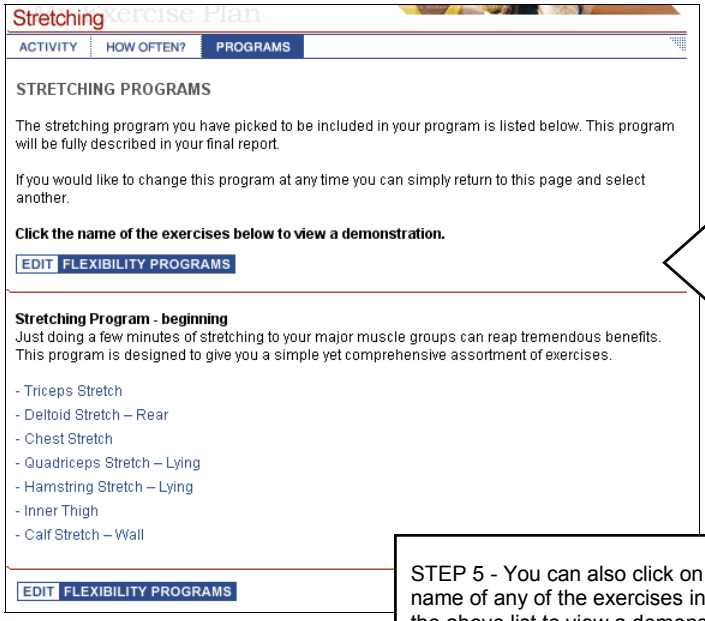

Stretching
ACTIVITY
HOW OFTEN?
PROGRAMS
STATIC STRETCHING
Stretching is a key component of a balanced fitness program. Here are some of the benefits you will receive:
increases your range of motion
helps prevent injury
improves performance and posture
reduces stress and promotes relaxation
keeps your body feeling loose and agile
Although there are a few different forms of flexibility training, static stretching is the safest and most effective method for most people.
Static stretching involves a slow, gradual and controlled stretch to the limit of your full range of motion. The stretch is held for 10 to 30 seconds and should feel like you are stretching the muscle, but definately without any pain or even discomfort.


Stretching
ACTIVITY
HOW OFTEN?
PROGRAMS
STRETCHING FREQUENCY
Unlike aerobic exercise and strength training, if you are not too aggressive, you can stretch everyday and even a few times a day.
How many times per week?
In the first 30 days start with stretching:
By day 60 to 90:
Before and after exercise
Try adding a stretching or yoga class

STEP 2 - This page gives you the 30-60-90 day guidance on how often to stretch.

STEP 3 - Is where you pick your actual program based on your exercise goal and level of fitness.


Stretching
ACTIVITY
HOW OFTEN?
PROGRAMS
STRETCHING PROGRAMS
Choose a stretching program from the list below. These programs are the ones that have been created by us. They are specific to your exercise goal and your stretching fitness level. MyExercisePlan.com gives you the ability to modify these, as well as create your own personal stretching programs.
Pick your Stretching Program:
Stretching Program - beginning
MORE INFO
SELECT PROGRAM


Stretching
ACTIVITY
HOW OFTEN?
PROGRAMS
STRETCHING PROGRAMS
The stretching program you have picked to be included in your program is listed below. This program will be fully described in your final report.
If you would like to change this program at any time you can simply return to this page and select another.
Click the name of the exercises below to view a demonstration.
EDIT FLEXIBILITY PROGRAMS
Stretching Program - beginning
Just doing a few minutes of stretching to your major muscle groups can reap tremendous benefits. This program is designed to give you a simple yet comprehensive assortment of exercises.
- Triceps Stretch
- Deltoid Stretch – Rear
- Chest Stretch
- Quadriceps Stretch – Lying
- Hamstring Stretch – Lying
- Inner Thigh
- Calf Stretch – Wall
EDIT FLEXIBILITY PROGRAMS

STEP 4 - If you like you can look at the list of exercises in a given program.

STEP 5 - You can also click on the name of any of the exercises in the above list to view a demonstration of the exercise.

MyExercisePlan.com - Microsoft Internet Explorer
myexerciseplan.com
customize exercise maximize
Deltoid Stretch – Rear
Muscle Group : Shoulders
1. Starting position: Sit or stand with good posture. Cross the right arm across the front of the body at neck level. Grasp the elbow with the left hand while keeping the shoulders down and relaxed.
2. Press the elbow toward the neck and hold for at least 20 seconds.
3. Repeat on the other side.
Close Window

Viewing and Printing Your Personalized Exercise Program

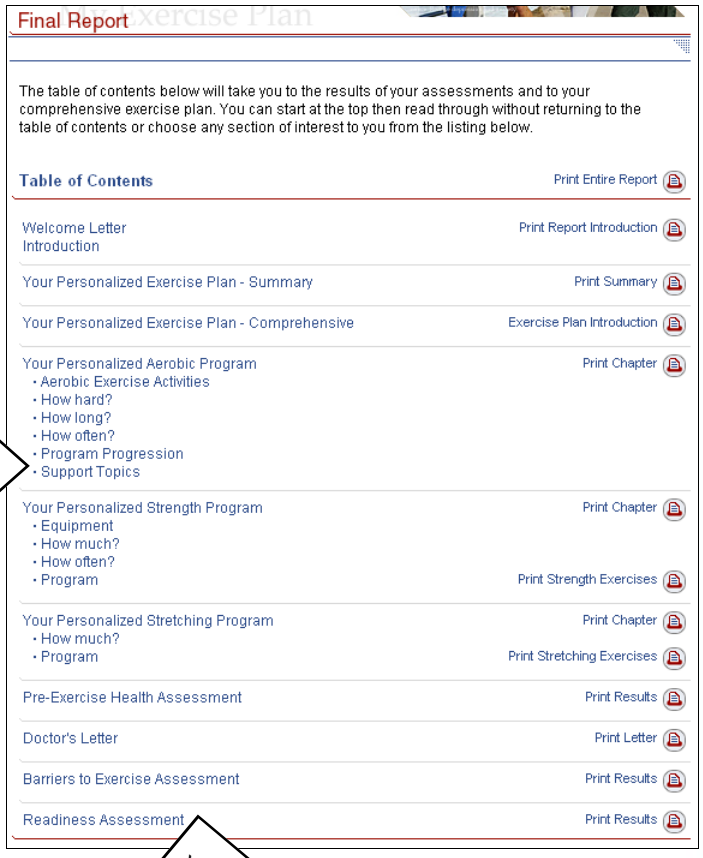
You get to the view and print feature by clicking on "My Complete Plan" from either your user "Home" page or the "MyExercisePlan" page. From this page you can view or print your entire 35 plus page plan or any of the individual sections within the program.

It is here that you can also view or print the results of your preexercise health assessment, a letter to take to your doctor or the results of your "Barriers to Exercise" or "Readiness to Exercise" assessments.

You can also organize you program information into a notebook with various tabs for each section.

When you have finished the interactive exercise assessments and exercise program development, you can very easily print the entire 35+ page program for offline reading.

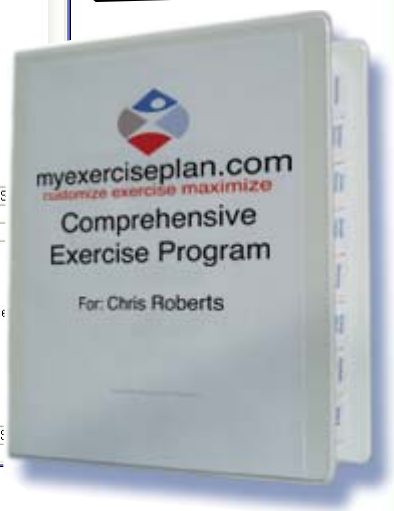
Clicking "My Complete Plan" from your membership "Home" page or from the "My Exercise Plan" page will take you to the table of contents for your complete program. From here you can view or print the whole program or any section within it.


Final Report
The table of contents below will take you to the results of your assessments and to your comprehensive exercise plan. You can start at the top then read through without returning to the table of contents or choose any section of interest to you from the listing below.
Table of Contents
Print Entire Report
Welcome Letter
Introduction
Print Report Introduction
Your Personalized Exercise Plan - Summary
Print Summary
Your Personalized Exercise Plan - Comprehensive
Exercise Plan Introduction
Your Personalized Aerobic Program
Print Chapter
• Aerobic Exercise Activities
• How hard?
• How long?
• How often?
• Program Progression
• Support Topics
Your Personalized Strength Program
Print Chapter
• Equipment
• How much?
• How often?
• Program
Print Strength Exercises
Your Personalized Stretching Program
Print Chapter
• How much?
• Program
Print Stretching Exercises
Pre-Exercise Health Assessment
Print Results
Doctor's Letter
Print Letter
Barriers to Exercise Assessment
Print Results
Readiness Assessment
Print Results

Your entire program can be printed and organized in a training notebook with tabs to organize your aerobic, strength and stretching programs, as well as additional articles, exercise logs and reports.

myexerciseplan.com
customize exercise maximize
Beginning Bodyweight Strength Program
For: Chris Roberts
This is a strength-training program for the beginning exerciser using only bodyweight exercises. It requires no equipment and can be done anywhere. These exercises will assist you in reaching your fitness goals.
Important Note: When performing each repetition of your strength exercises, make sure you exhale during the effort portion of the movement. It is important to make sure you never hold your breath during strength training or stretching.
Strength Exercises
Pelvic Tilts - bodyweight
1. Starting position: Lie back onto floor with knees bent and hands at sides.
2. Tilt pelvis by contracting abdominal muscles and pressing lower back into floor.
3. Return to starting position.
Date
Set 1
Set 2
Set 3
Note: Remember to keep head, glutes and feet flat on floor throughout movement. Place rolled towel between lower back and floor as a reference point to ensure pelvic tilt.
Unilateral Leg Lowering
1. Lie back onto floor or bench with both

You can separately print your strengthening and stretching program to take to the gym with you.

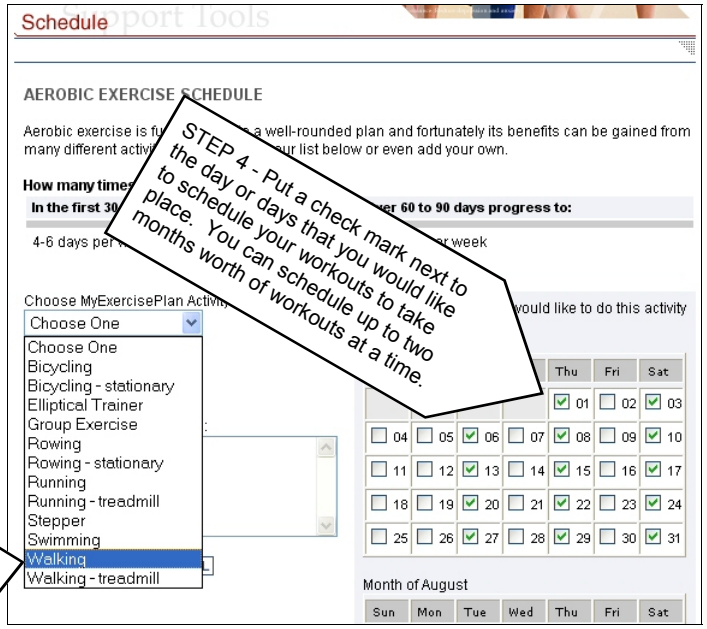


Scheduling Workouts

MyExercisePlan has very powerful exercise scheduling and logging features. You are able to schedule any number of aerobic, strength or flexibility workouts as far into the future as you desire.

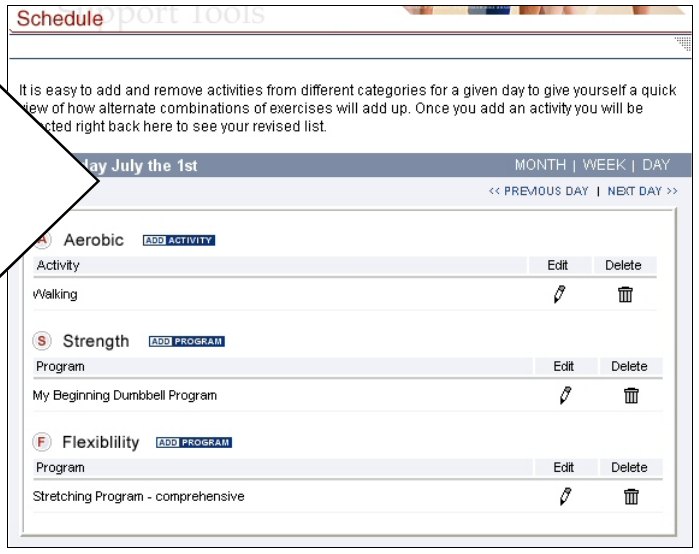
If you want to be sent an email on the day you have scheduled some exercise, MyExercisePlan will send you a friendly reminder each morning.

When you log your scheduled exercise, MyExercisePlan will count all of your activity calories and provide you with a report of calories burned in each of the aerobic, strength and flexibility components of your program. This report also contains averages of calories per week, per month and cumulative totals as well.



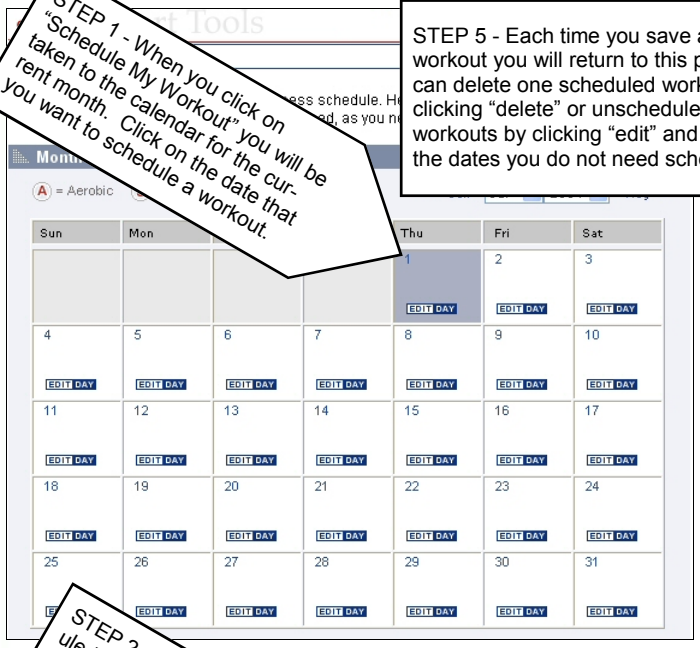
STEP 4 - Put a check mark next to the day or days that you would like to schedule your workouts to take place. You can schedule up to two months worth of workouts at a time.

STEP 3 - Choose from one of two lists of activities. One list is typical exercise activities the other is physical activities with a health and fitness benefit.


Schedule
It is easy to add and remove activities from different categories for a given day to give yourself a quick view of how alternate combinations of exercises will add up. Once you add an activity you will be directed right back here to see your revised list.
Thursday July the 1st
MONTH | WEEK | DAY
<< PREVIOUS DAY | NEXT DAY >>
Aerobic ADD ACTIVITY
Activity Edit Delete
Walking
Strength ADD PROGRAM
Program Edit Delete
My Beginning Dumbbell Program
Flexiblility ADD PROGRAM
Program Edit Delete
Stretching Program - comprehensive

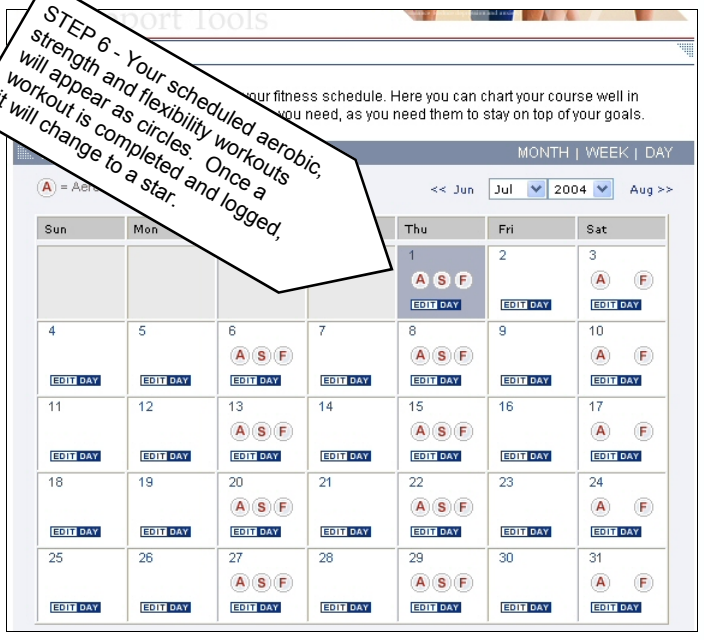
STEP 5 - Each time you save a scheduled workout you will return to this page. You can delete one scheduled workout by clicking "delete" or unschedule a series of workouts by clicking "edit" and unchecking the dates you do not need scheduled.

STEP 1 - When you click on "Schedule My Workout" you will be taken to the calendar for the current month. Click on the date that you want to schedule a workout.



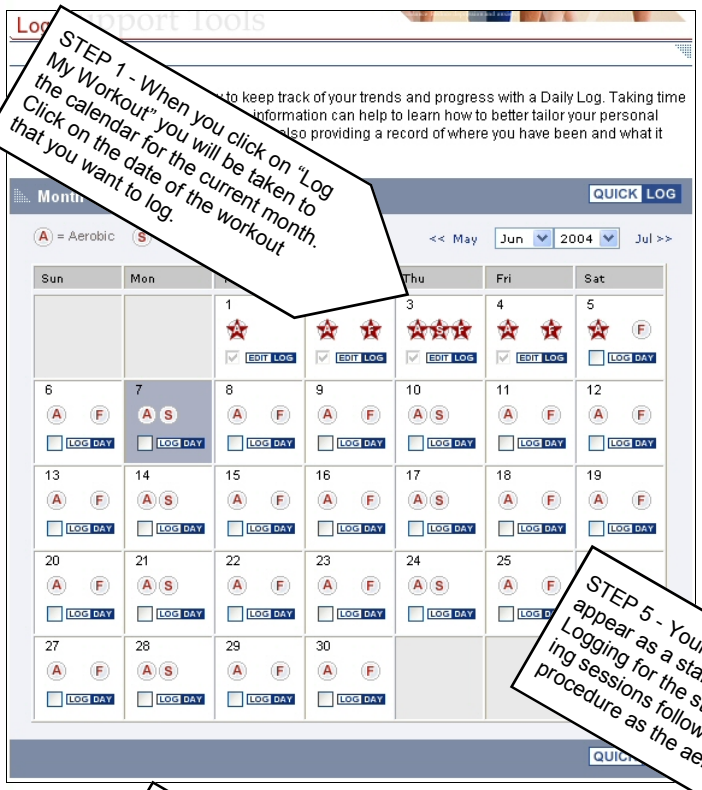
STEP 2 - If no exercise is scheduled for this date the page will look like this. Click on "Add Activity" for the type of exercise that you would like to schedule.

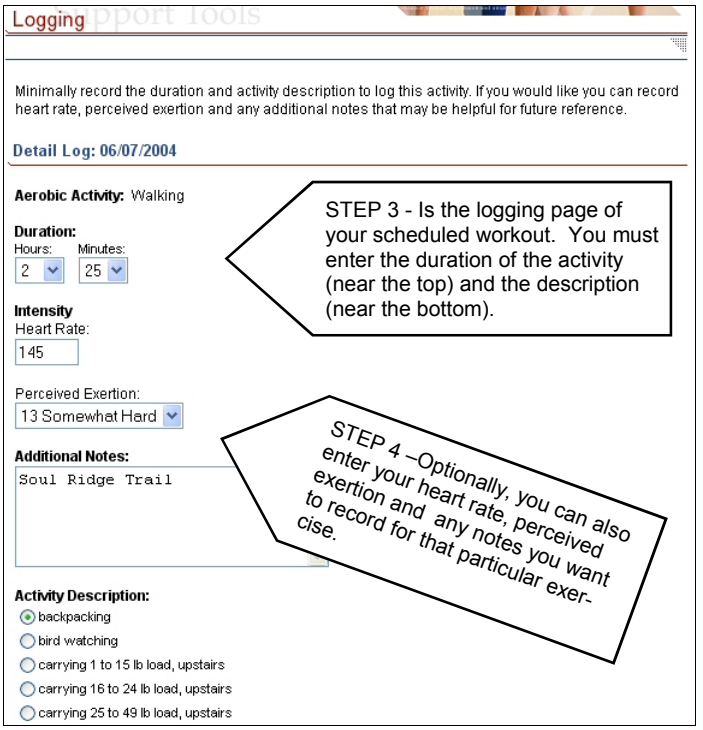
STEP 6 - Your scheduled aerobic, strength and flexibility workouts will appear as circles. Once a workout is completed and logged, it will change to a star.

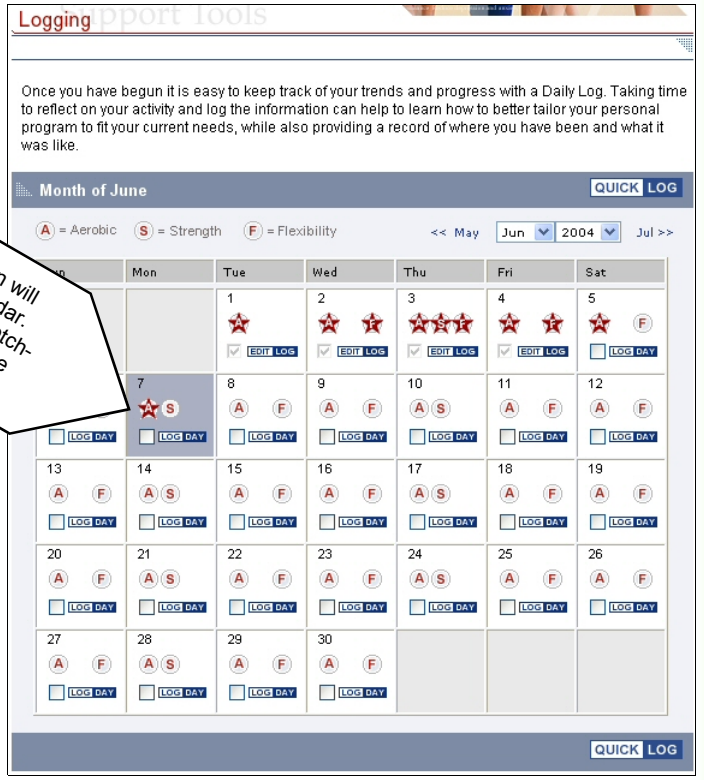


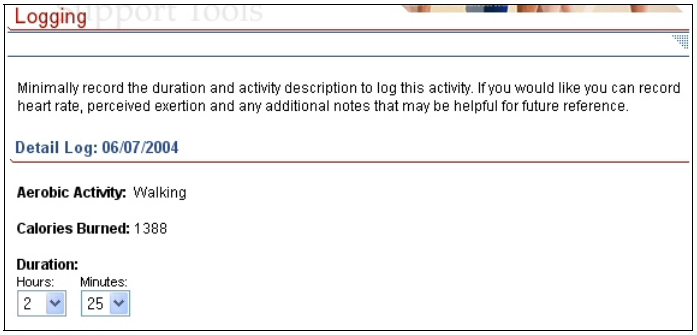
Logging Workouts

MyExercisePlan has a powerful workout logging feature. Members can choose to receive email reminders of scheduled exercise sessions. As workouts and additional physical activity are logged, calorie counts and workout statistics can be retrieved using the reporting feature. Logging for the strength and stretching sessions follow much the procedure as the aerobic logging explained below.


STEP 1 - When you click on "Log My Workout" you will be taken to the calendar for the current month. Click on the date of the workout that you want to log.
QUICK LOG
Sun
Mon
Thu
Fri
Sat


Logging
Minimally record the duration and activity description to log this activity. If you would like you can record heart rate, perceived exertion and any additional notes that may be helpful for future reference.
Detail Log: 06/07/2004
Aerobic Activity: Walking
Duration:
Hours: 2
Minutes: 25
Intensity
Heart Rate: 145
Perceived Exertion: 13 Somewhat Hard
Additional Notes: Soul Ridge Trail
Activity Description:
backpacking
bird watching
carrying 1 to 15 lb load, upstairs
carrying 16 to 24 lb load, upstairs
carrying 25 to 49 lb load, upstairs
STEP 3 - Is the logging page of your scheduled workout. You must enter the duration of the activity (near the top) and the description (near the bottom).
STEP 4 –Optionally, you can also enter your heart rate, perceived exertion and any notes you want to record for that particular exercise.


Logging
Once you have begun it is easy to keep track of your trends and progress with a Daily Log. Taking time to reflect on your activity and log the information can help to learn how to better tailor your personal program to fit your current needs, while also providing a record of where you have been and what it was like.
Month of June
QUICK LOG
A = Aerobic
S = Strength
F = Flexibility
<< May
Jun
2004
Jul >>
Mon
Tue
Wed
Thu
Fri
Sat
STEP 5 - Your logged session will appear as a star on your calendar. Logging for the strength and stretching sessions follow much the same procedure as the aerobic logging.


Logging
Minimally record the duration and activity description to log this activity. If you would like you can record heart rate, perceived exertion and any additional notes that may be helpful for future reference.
Detail Log: 06/07/2004
Aerobic Activity: Walking
Calories Burned: 1388
Duration:
Hours: 2
Minutes: 25

STEP 7 - If you want to know the calories burned in any aerobic, strength flexibility session, just go back into that logged item and the calories will be listed.

Your Personal Homepage

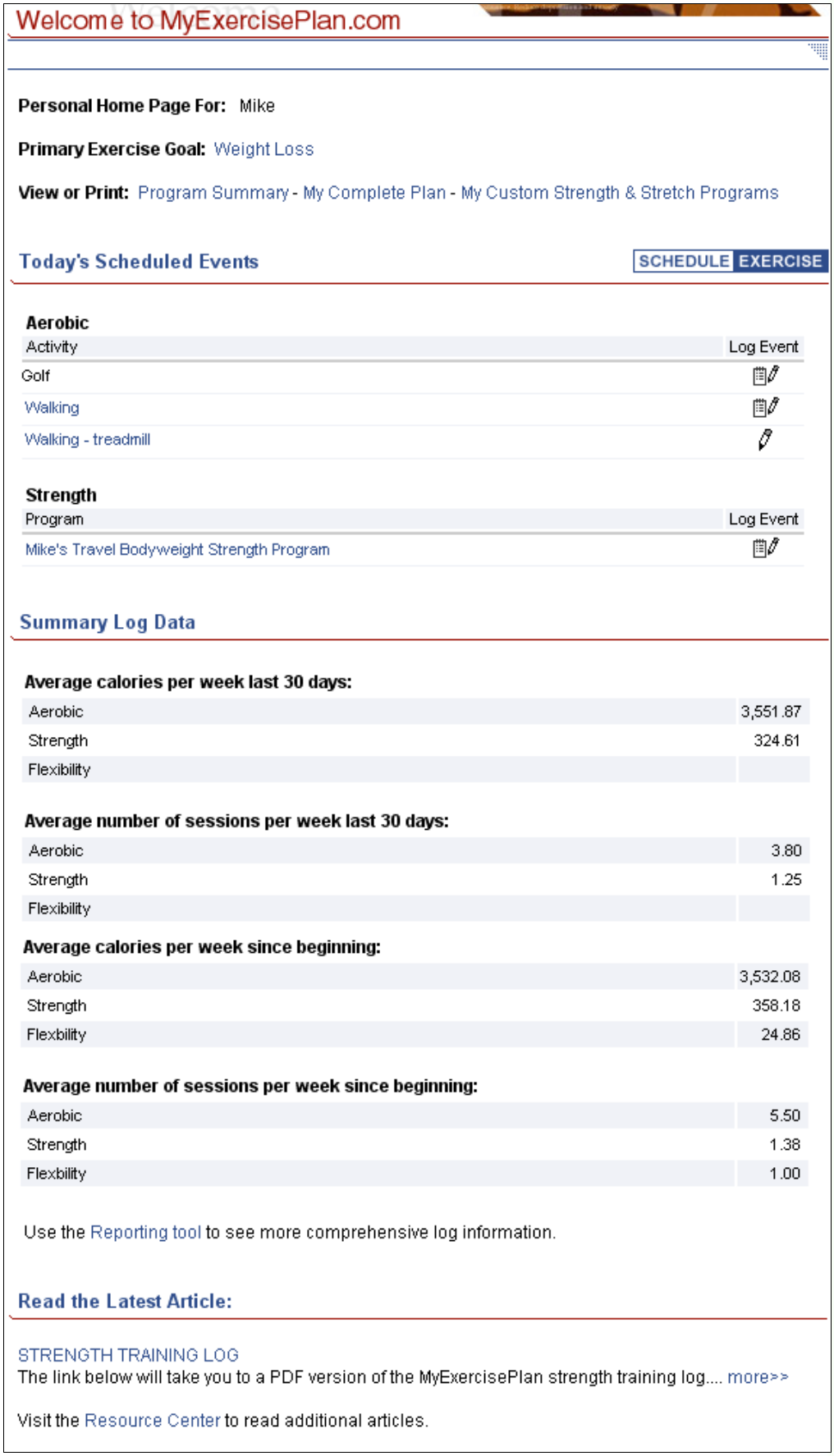
When you first log in to MyExercisePlan you are taken to your own personal homepage. This page is personalized just for you, with easy access to all of your exercise program information.

Clicking one of these three options will take you to your exercise program summary, a table of contents for your complete exercise plan or to the custom strength or stretching program builder.

Any exercise sessions scheduled for today are listed here. If you are not using the scheduler, this display can be turned off in the user administration area.

Read a summary of calories burned and exercise sessions completed. If you are not logging your exercise sessions, this display can be turned off in the user administration area.

Read the latest article added to the resource center



Welcome to MyExercisePlan.com

Personal Home Page For: Mike

Primary Exercise Goal: Weight Loss

View or Print: Program Summary - My Complete Plan - My Custom Strength & Stretch Programs

Today's Scheduled Events SCHEDULE EXERCISE

Aerobic

Activity	Log Event
Golf	
Walking	
Walking - treadmill	

Strength

Program	Log Event
Mike's Travel Bodyweight Strength Program	

Summary Log Data

Average calories per week last 30 days:

Aerobic	3,551.87
Strength	324.61
Flexibility	

Average number of sessions per week last 30 days:

Aerobic	3.80
Strength	1.25
Flexibility	

Average calories per week since beginning:

Aerobic	3,532.08
Strength	358.18
Flexbility	24.86

Average number of sessions per week since beginning:

Aerobic	5.50
Strength	1.38
Flexbility	1.00

Use the Reporting tool to see more comprehensive log information.

Read the Latest Article:

STRENGTH TRAINING LOG
The link below will take you to a PDF version of the MyExercisePlan strength training log.... more>>

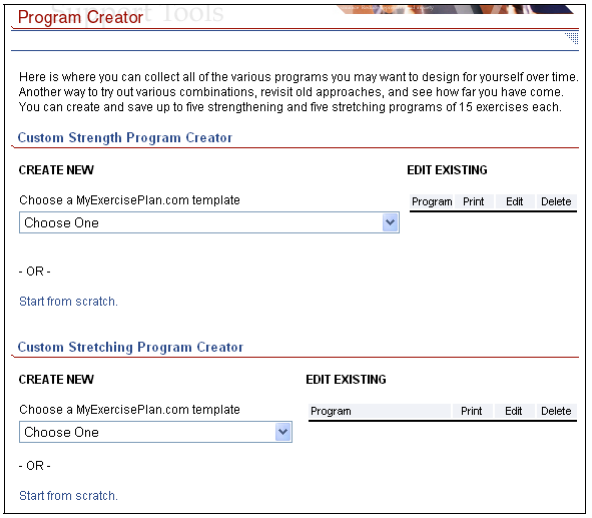
Visit the Resource Center to read additional articles.

Using the Custom Strength and Stretching Program Builder

The "Build My Program" feature is where you can make and save modification to existing MyExercisePlan programs or "Start From Scratch" and build your own strengthening or stretching programs from the ground up.

You start by deciding whether you want to create a strengthening or stretching program. Then you decide to either modify an existing program or create a completely new one. With that choice you are automatically taken to the program creation page. Here you give your program a title, write an optional description and choose the exercises for your program.

When you are finished with that you click the "Update Program" button located at the bottom of the page. That will take you back to the main program creator page where you will see your program listed with options to print, edit or delete it. MyExercisePlan allows you to save a maximum of five strengthening and five stretching programs at any one time.


Program Creator
Here is where you can collect all of the various programs you may want to design for yourself over time. Another way to try out various combinations, revisit old approaches, and see how far you have come. You can create and save up to five strengthening and five stretching programs of 15 exercises each.
Custom Strength Program Creator
CREATE NEW
EDIT EXISTING
Choose a MyExercisePlan.com template
Program Print Edit Delete
Choose One
- OR -
Start from scratch.
Custom Stretching Program Creator
CREATE NEW
EDIT EXISTING
Choose a MyExercisePlan.com template
Program Print Edit Delete
Choose One
- OR -
Start from scratch.

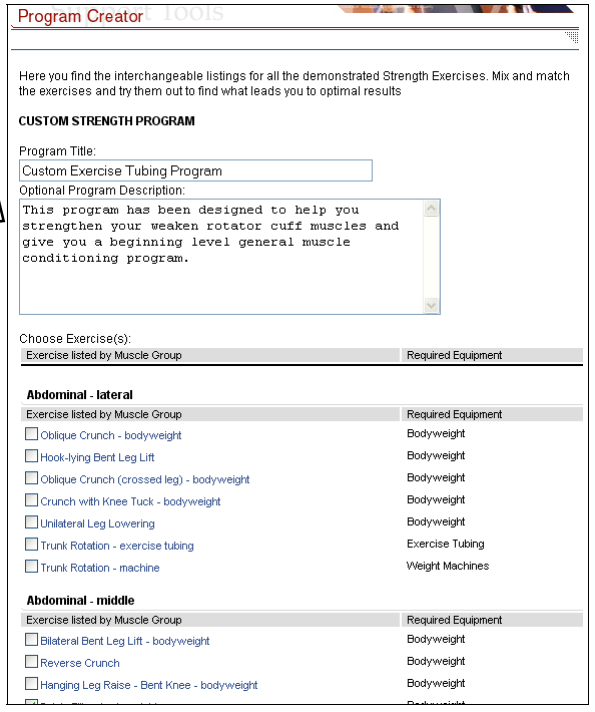
STEP 1 - Click the "Build My Program" button on the left-side navigation menu to be taken to this page.

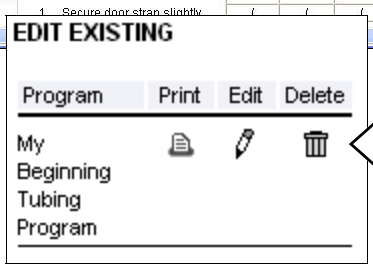
STEP 2 - Here you have a choice of modifying an existing MyExercisePlan program or you can "Start from scratch" to create a completely custom strength or stretch program.

STEP 6 - If you choose to print your program it will popup in another window. Here you can view it or print it.

myexerciseplan.com
customize exercise
Your Customized Strength Program
Custom Exercise Tubing Program
For: Chris Roberts
This program has been designed to help you strengthen your weaken rotator cuff muscles and give you a beginning level general muscle conditioning program.
Strength Exercises
Biceps Curls - exercise tubing
Date Set 1 Set 2 Set 3 Set 4
1. Stand with feet shoulder-width apart, knees slightly bent, and at a staggered stance.
2. Step onto middle of tubing with back foot or both feet.
3. Starting position: Grasp handles with an underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
4. Flex at the elbows and curl handles up to approximately shoulder level. Keep elbows close to sides throughout movement.
5. Return to starting position.
Note: Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly—only the elbow joint should be moving.
Chest Press - exercise tubing
Date Set 1 Set 2 Set 3 Set 4

STEP 3 - Here you give your program a title and have the option to write an optional program description. Choose from a list of over 200 strength exercises or over 50 stretches to create your program.


Program Creator
Here you find the interchangeable listings for all the demonstrated Strength Exercises. Mix and match the exercises and try them out to find what leads you to optimal results
CUSTOM STRENGTH PROGRAM
Program Title:
Custom Exercise Tubing Program
Optional Program Description:
This program has been designed to help you strengthen your weaken rotator cuff muscles and give you a beginning level general muscle conditioning program.
Choose Exercise(s):
Exercise listed by Muscle Group
Required Equipment
Abdominal - lateral
Oblique Crunch - bodyweight
Hook-lying Bent Leg Lift
Oblique Crunch (crossed leg) - bodyweight
Crunch with Knee Tuck - bodyweight
Unilateral Leg Lowering
Trunk Rotation - exercise tubing
Trunk Rotation - machine
Abdominal - middle
Bilateral Bent Leg Lift - bodyweight
Reverse Crunch
Hanging Leg Raise - Bent Knee - bodyweight



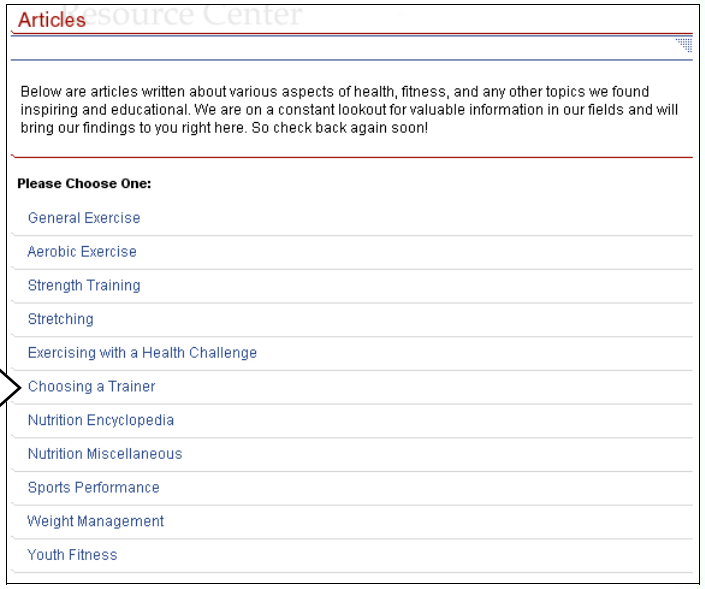
STEP 5 - When you return to the main page you will see your program with options to print/view, edit or delete it.

Using the Resource Center

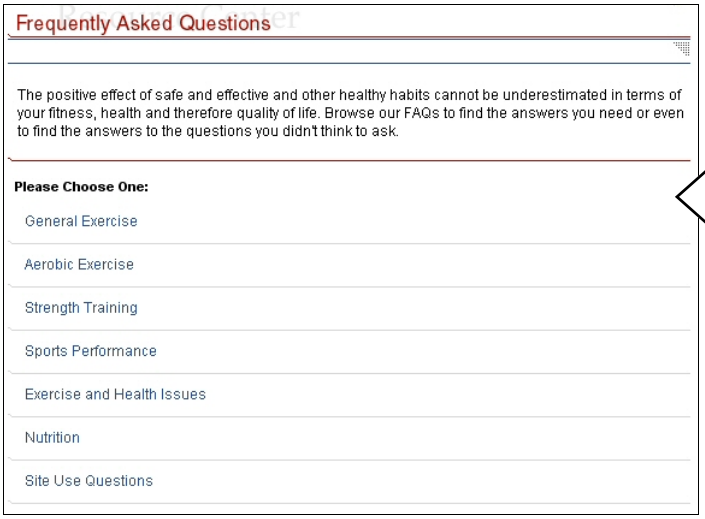
The Resource Center is where you will access many of the MyExercise-Plan support features and information. This area contains the following:

- Articles
- Frequently Asked Questions (FAQs)
- Question & Answer Forum
- Sticking with it! Tools
- Nutrition Analyzer (explained on next page)

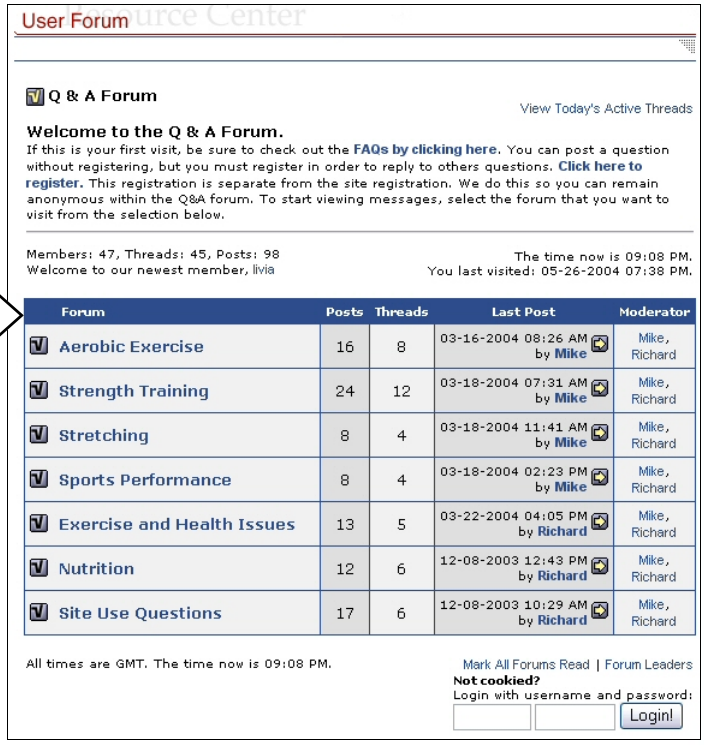
The first four are explained below and the operation of the nutrition analyzer is featured on the next page.


Articles
Below are articles written about various aspects of health, fitness, and any other topics we found inspiring and educational. We are on a constant lookout for valuable information in our fields and will bring our findings to you right here. So check back again soon!
Please Choose One:
General Exercise
Aerobic Exercise
Strength Training
Stretching
Exercising with a Health Challenge
Choosing a Trainer
Nutrition Encyclopedia
Nutrition Miscellaneous
Sports Performance
Weight Management
Youth Fitness

ARTICLES - This table of contents page organizes the MyExercise-Plan library of over 100 easy-to-access articles.


Frequently Asked Questions
The positive effect of safe and effective and other healthy habits cannot be underestimated in terms of your fitness, health and therefore quality of life. Browse our FAQs to find the answers you need or even to find the answers to the questions you didn't think to ask.
Please Choose One:
General Exercise
Aerobic Exercise
Strength Training
Sports Performance
Exercise and Health Issues
Nutrition
Site Use Questions

FAQs - Another table of contents organizes a growing list of frequently asked questions.


User Forum
Q & A Forum
View Today's Active Threads
Welcome to the Q & A Forum.
If this is your first visit, be sure to check out the FAQs by clicking here. You can post a question without registering, but you must register in order to reply to others questions. Click here to register. This registration is separate from the site registration. We do this so you can remain anonymous within the Q&A forum. To start viewing messages, select the forum that you want to visit from the selection below.
Members: 47, Threads: 45, Posts: 98
Welcome to our newest member, livia
The time now is 09:08 PM.
You last visited: 05-26-2004 07:38 PM.
Forum | Posts | Threads | Last Post | Moderator
Aerobic Exercise | 16 | 8 | 03-16-2004 08:26 AM by Mike | Mike, Richard
Strength Training | 24 | 12 | 03-18-2004 07:31 AM by Mike | Mike, Richard
Stretching | 8 | 4 | 03-18-2004 11:41 AM by Mike | Mike, Richard
Sports Performance | 8 | 4 | 03-18-2004 02:23 PM by Mike | Mike, Richard
Exercise and Health Issues | 13 | 5 | 03-22-2004 04:05 PM by Richard | Mike, Richard
Nutrition | 12 | 6 | 12-08-2003 12:43 PM by Richard | Mike, Richard
Site Use Questions | 17 | 6 | 12-08-2003 10:29 AM by Richard | Mike, Richard
All times are GMT. The time now is 09:08 PM.
Mark All Forums Read | Forum Leaders
Not cookied?
Login with username and password:
Login!

Q&A FORUM - The question and answer forum is a place to get your questions answered by a certified fitness professional.

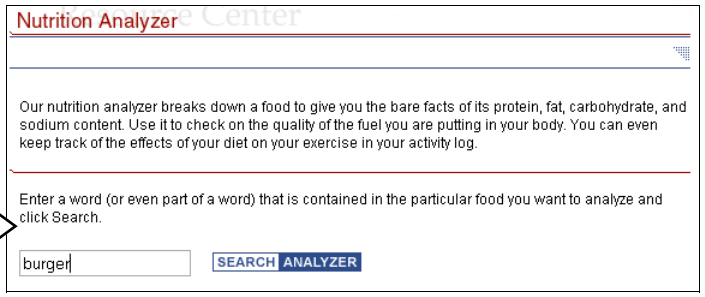
Links
The links below provide you with various avenues of exploration to further educate yourself about fitness and health in general.
American Council On Exercise
The American Council on Exercise (ACE) is the largest not-for-profit fitness certification organization in the world. Their website offers considerable consumer, as well as professional resources. If you are looking for a personal trainer, this is the place to find one!
Human Kinetics Publishers
A publisher of numerous sports and recreation resources including books and videos.
WebMD
WebMD provides credible information, supportive community, and educational services. It is an excellent source for timely health information as well as an a great place to find health-related resources on the net in general.
DrWeil.com
DrWeil.com is a leading provider of online information and products for optimum health and wellness. With so much conflicting information regarding alternative therapies and health practices, it is difficult to know what really works. Check out this site to get your answers, especially the "Ask Dr. Weil" section.
Healthy Lifestyles on the ADA Website
The ADA is the American Dietetic Association. This page has numerous links to a variety of nutrition-related topics.

LINKS - We also provide you with helpful links to other health-related websites.

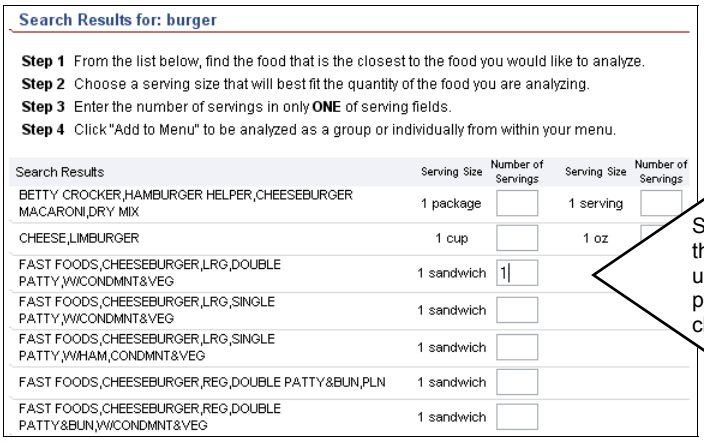
Using the Nutrition Analyzer

The Nutrition Analyzer allows you to analyze the nutrition content of any one food or groups of food. The analysis will give you a break-down of protein, fat and carbohydrates in both calories and the percent of the total calories.

The analysis also gives you an easy-to-read pie chart that gives a clear visual representation of the percentage of calories from protein, fat and carbohydrates.

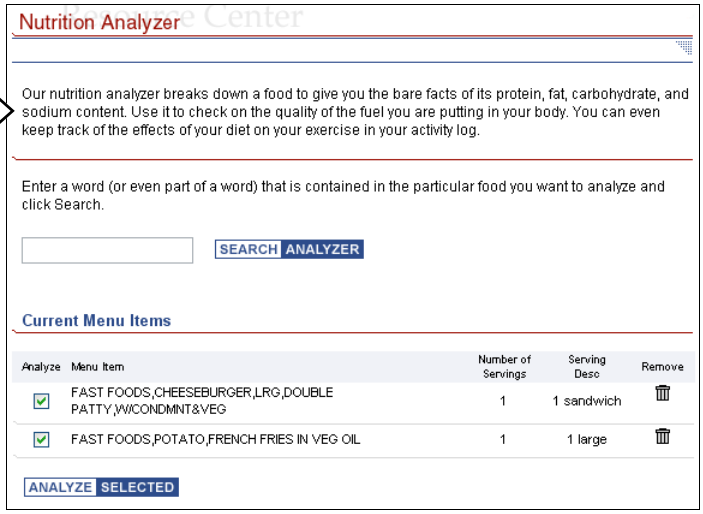

Nutrition Analyzer
Our nutrition analyzer breaks down a food to give you the bare facts of its protein, fat, carbohydrate, and sodium content. Use it to check on the quality of the fuel you are putting in your body. You can even keep track of the effects of your diet on your exercise in your activity log.
Enter a word (or even part of a word) that is contained in the particular food you want to analyze and click Search.
burger
SEARCH ANALYZER

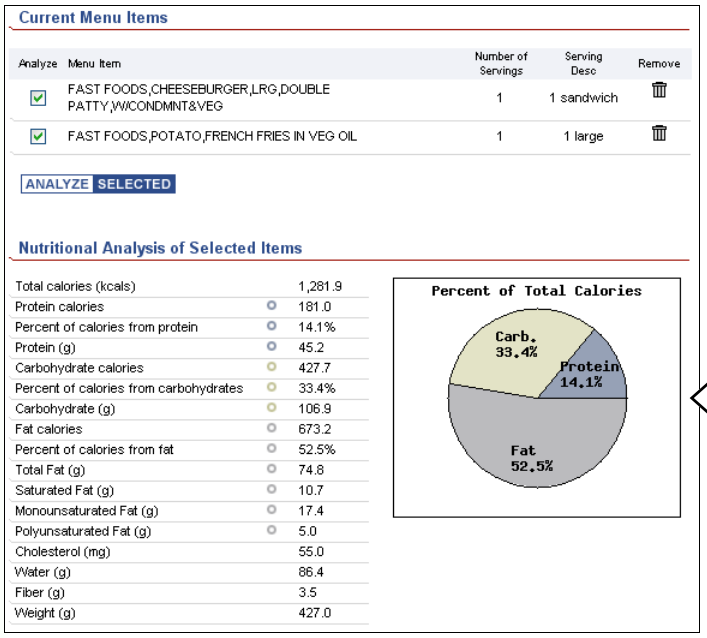
STEP 1 - Enter the name or part of the name of the food that you are looking up, like "burg" for "hamburger." After you have entered the search term, then click "Search Analyzer" to locate the item.


Search Results for: burger
Step 1 From the list below, find the food that is the closest to the food you would like to analyze.
Step 2 Choose a serving size that will best fit the quantity of the food you are analyzing.
Step 3 Enter the number of servings in only ONE of serving fields.
Step 4 Click "Add to Menu" to be analyzed as a group or individually from within your menu.
Search Results
Serving Size
Number of Servings
Serving Size
Number of Servings
BETTY CROCKER,HAMBURGER HELPER,CHEESEBURGER MACARONI,DRY MIX
1 package
1 serving
CHEESE,LIMBURGER
1 cup
1 oz
FAST FOODS,CHEESEBURGER,LRG,DOUBLE PATTY,W/CONDMNT&VEG
1 sandwich
1
FAST FOODS,CHEESEBURGER,LRG,SINGLE PATTY,W/CONDMNT&VEG
1 sandwich
FAST FOODS,CHEESEBURGER,LRG,SINGLE PATTY,W/HAM,CONDMNT&VEG
1 sandwich
FAST FOODS,CHEESEBURGER,REG,DOUBLE PATTY&BUN,PLN
1 sandwich
FAST FOODS,CHEESEBURGER,REG,DOUBLE PATTY&BUN,W/CONDMNT&VEG
1 sandwich

STEP 2 - Pick from the list of foods by entering the number of servings in one of the two columns. After you enter the servings, you can press "Enter" or scroll down to the bottom and click the "Add to List" button.

STEP 3 - Enter another food or analyze the foods on your list by placing a check by your choices and clicking the "Analyze Selected" button.


Nutrition Analyzer
Our nutrition analyzer breaks down a food to give you the bare facts of its protein, fat, carbohydrate, and sodium content. Use it to check on the quality of the fuel you are putting in your body. You can even keep track of the effects of your diet on your exercise in your activity log.
Enter a word (or even part of a word) that is contained in the particular food you want to analyze and click Search.
SEARCH ANALYZER
Current Menu Items
Analyze
Menu Item
Number of Servings
Serving Desc
Remove
FAST FOODS,CHEESEBURGER,LRG,DOUBLE PATTY,W/CONDMNT&VEG
1
1 sandwich
FAST FOODS,POTATO,FRENCH FRIES IN VEG OIL
1
1 large
ANALYZE SELECTED



STEP 4 - After you click "Analyze Selected," the nutrition analysis of the selected foods will appear. **You may have to scroll down your screen to see this view.**

User Administration Area

This page is accessed by clicking "User Admin" from the upper right hand corner of any page from within MyExercisePlan. It allows you to manage many of the features of the website. Each option is described below.

If you are working with a qualified personal trainer you can give him or her access to your account here.

This feature allows you to change the delivery address for all MyExercisePlan delivered email.

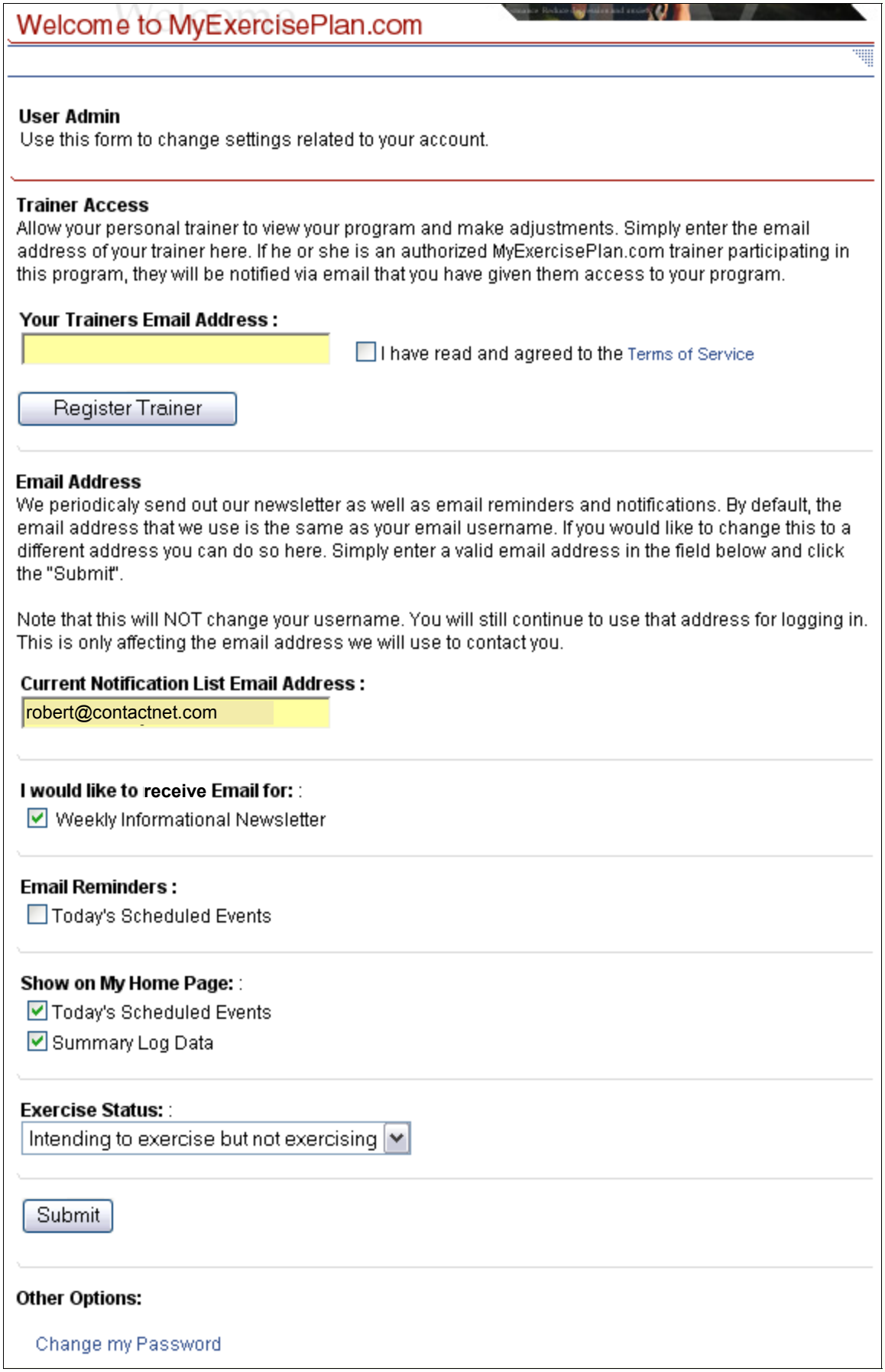
Turn on or off the weekly information email and/or exercise reminders.

Turn on or off the email reminders of scheduled exercise sessions.

If you do not want scheduled exercise and/or logged data to appear on your home page uncheck these.

This will allow you to receive messages that are specific to your exercise status.

Click this link if you would like to change your password.


Welcome to MyExercisePlan.com
User Admin
Use this form to change settings related to your account.
Trainer Access
Allow your personal trainer to view your program and make adjustments. Simply enter the email address of your trainer here. If he or she is an authorized MyExercisePlan.com trainer participating in this program, they will be notified via email that you have given them access to your program.
Your Trainers Email Address :
I have read and agreed to the Terms of Service
Register Trainer
Email Address
We periodicaly send out our newsletter as well as email reminders and notifications. By default, the email address that we use is the same as your email username. If you would like to change this to a different address you can do so here. Simply enter a valid email address in the field below and click the "Submit".
Note that this will NOT change your username. You will still continue to use that address for logging in. This is only affecting the email address we will use to contact you.
Current Notification List Email Address :
robert@contactnet.com
I would like to receive Email for: :
Weekly Informational Newsletter
Email Reminders :
Today's Scheduled Events
Show on My Home Page: :
Today's Scheduled Events
Summary Log Data
Exercise Status: :
Intending to exercise but not exercising
Submit
Other Options:
Change my Password